

The Morning Calm Weekly

Volume 3, Issue 25

PUBLISHED FOR THOSE SERVING IN THE REPUBLIC OF KOREA

April 15, 2005



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The Morning Calm
Weekly is



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<http://ima.korea.army.mil>

Installations transforming to support joint needs

By Terri Lukach

American Forces Press Service

TAMPA, Fla. — The Department of Defense is transforming its installation assets to meet the emerging needs of today's joint warfighters, a defense official said Tuesday.

"Installations are a critical component of the nation's force capabilities," Philip W. Grone, deputy undersecretary of defense for installations and environment, told a group of DoD, industry and installation officials at the 2005 Joint Services Environmental Management Conference here.

"We are fundamentally transforming our approach, not just by incorporating best business practices, but also by extending these practices into new, previously unexplored and seemingly

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Away he goes!



GALEN PUTNAM

Pfc. Gary Garrett, Headquarters, Headquarters Detachment, 6th Ordnance Battalion, gets the heave-ho from Pfc. Demont Moore (left) Sgt. Eric Brady (right) and Staff Sgt. Gregory Wilson (observed) at the Camp Carroll RSOI Victory Party held at Sweeny Field Saturday. The tug-of-war mud pit provided a convenient target for Garrett, who was singled out for a memorable going away surprise prior to his departure for Fort Benning, Ga., Monday. More than 400 participants turned out for the day-long event featuring live music, free food and a variety of events including arm wrestling, a Humvee pull and more. For related story, see Page 26.

Army announces criteria for Iraq, Afghanistan campaign medals

By Eric Kramer

Army News Service

WASHINGTON — Soldiers can begin putting on the new Iraq and Afghanistan campaign medals after the Department of the Army approved the final implementation rules for them April 8.

Soldiers are eligible for the Afghanistan Campaign Medal if they: served in direct support of Operation Enduring Freedom on or after Oct. 24, 2001 until a future date to be determined by the Secretary of Defense or the cessation of the operation. The area of eligibility includes all the land area of Afghanistan and all the air space above the land.

Soldiers are eligible to receive the Iraq Campaign Medal if they: Served in direct support of Operation Iraqi Freedom on or after March 19, 2003, to a future date to be determined by the Secretary of Defense or the cessation of the operation. The area of eligibility encompasses all land area of the country of Iraq, the contiguous water area out to 12 nautical miles and all air spaces above them.



The new Iraq and Afghanistan campaign medals will be available May 1.

Soldiers must serve 30 consecutive or 60 non-consecutive days in either area, or be engaged in combat during their service; be wounded or injured requiring evacuation from the area.

The medals replace the former Global War on Terrorism Expeditionary Medal.

Denise Harris, assistant chief of the policy section, military awards, U.S. Army Human Resources Command, said the currently serving Soldiers need no orders to receive the medals, and that battalion-

level commanders generally determine eligibility.

"Typically, the commanders will send a service roster of the award to the personnel center, and it will be included in the Soldiers records," Harris said. "So the commanders will make the recommendation."

Soldiers who already have the GWOT Expeditionary Medal, for service in Iraq or Afghanistan, may apply for the new medal in lieu of the earlier one, Harris said.

"All they have to do is take their orders to their personnel office, and the personnel center will change the records," she said.

Once the new campaign medal is received, the old GWOT medal cannot be worn, Harris said.

Harris said the ribbons for the new awards are in the supply chain now, but the medals won't be available for issue until May 1.

"For the initial issue, the Soldiers should be able to go to their supply clerks, they shouldn't have to buy them out of their own pockets," Harris said.

MP Blotter

The following entries were excerpted from the past several weeks military police blotters. These entries may be incomplete and do not determine the guilt or innocence of any person.

■ Military police were notified of a simple assault. Investigation disclosed that a Soldier and his spouse were involved in a verbal altercation that turned physical when the Soldier's spouse struck him in the back of the head with an open hand. His spouse was apprehended and transported to the MP station where she was advised of her legal rights, which she invoked. She was further processed and released on her own recognizance.

■ Military police were notified of a larceny of private property. Preliminary investigation revealed that unknown person(s) by unknown means, entered a Soldier's barracks room and removed a bottle of prescription medicine which was unsecured and unattended. There were no signs of forced entry. Estimated cost of loss is unknown. Investigation continues by MPI.

■ Military police were notified of an assault consummated by battery and failure to obey order or regulation (under-age drinking). Investigation disclosed that two Soldiers were involved in a verbal altercation, adjacent to a bowling alley. The altercation turned physical when the first Soldier punched the second Soldier in the face with a closed fist causing minor lacerations.

Both were transported to the MP station and were administered a series of field sobriety test, which the second Soldier failed and was transported to a local medical facility for a command-directed blood alcohol test, with results pending. The first was advised of his legal rights, which he waived and rendered a written sworn statement attesting to the incident. Both Soldiers were released to their unit. This is an alcohol-related incident.

TMCW Submissions

Send Letters to the Editor, story submissions and other items to MorningCalmWeekly@korea.army.mil.

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Good fortune leaves skid marks

By Jonathan M. Stiffler

Army News Service

FORT LEWIS, Wash. — I had just returned from my first deployment to Kuwait, where I spent almost the entire deployment dreaming of the motorcycle I wanted.

When I got home, I quickly started shopping for a bike. I soon bought a Suzuki GSX-R 750. I also purchased a jacket, helmet and gloves — all of which were top-of-the-line.

I watched the motorcycle being uncrated and the engine started for the first time. It was like watching something being born. Unfortunately, I'd never ridden a motorcycle — let alone one that weighed more than 300 pounds. My best friend had to put the first miles on the Suzuki to get it home.

Shortly after I got the bike, I practiced riding it in a parking lot and on some local roads. I also went and got my permit and motorcycle license. I told my chain of command I'd purchased the bike and was looking forward to riding it that summer. They told me to look at the post regulations and Army policies on motorcycle riding and make sure I abided by them.

I soon found out that I lacked the required Motorcycle Safety Foundation Basic Rider Course. I was disappointed because it would be a month before I

could get the course and meet the requirements to ride. However, after taking the course I felt much more confident in my abilities to maneuver and control the bike. Moreover, I knew how to stop the bike quickly.

As the months went by, I really enjoyed riding my bike. On a Friday I'll never forget, my commander and first sergeant gave a safety briefing. They always included motorcycle safety in their weekly briefing, and I always laughed because I was the only motorcycle rider in the unit.

I'd ridden my bike to the post that day and was getting ready to leave when my commander came up and said, "Ride safe." I laughed, and told him I would.

It was 37 miles from the post to where I lived. The dry, hot weather was pure biker bliss. I was about 15 minutes from post riding on Interstate 5 near the Tacoma Dome area. It's an area of I-5 where you have to be really careful because there's a curve you can't see around.

I was going about 75 mph to keep up with the traffic. I started into the curve and looked as far ahead as I could, just as I'd been taught in the safety course. What I saw shocked me. The traffic ahead had gone from 75 mph to a complete stop.

I had about 300 yards between

myself and a Chevy Cavalier. My mind was racing as I searched for a way out of the mess, but the traffic didn't leave me many choices. Then I saw the outside emergency lane, which didn't look much wider than my bike. I dove into the lane, barely missing the Cavalier and passing 11 vehicles before I got the Suzuki stopped.

I'd just gotten the fastest—and most memorable—lesson of my short motorcycle riding career. I learned to always ride carefully and responsibly and be extra alert when approaching areas where my vision is blocked. I also realized I needed better braking skills, so I went out and practiced several high-speed stops.

That day I'd almost done a high side off my bike, and the feeling of the front wheel locking up is one no biker ever forgets. I also learned I always need to be planning a safe escape route should I have to avoid a problem on the highway.

That day should have been like any other—but it wasn't. Some people would say I was lucky—but that's not the case. It wasn't so much that I was lucky as I was fortunate. I was fortunate I'd received the MSF training I needed to help me in an emergency.

(Editor's note: Spc. Jonathan Stiffler serves with the 551st Medical Logistics Company at Fort Lewis, Wash.)

Morning Calm Weekly Soundoff:

What is your favorite part of serving in Korea?



"It is quite fun to learn the Korean language and meet Korean friends." — Pvt. Tairen Truong, Area II Support Activity



"I love to visit the JJimgilbang Spa." — Suzanne P. Nagy, director of Plans Analysis and Integration Office, Area II Support Activity



"I love the Korean way of living." — Richard Mathis, teacher, Seoul American Elementary School



"Serving in Korea gives me a chance to experience life

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Support and Defend

NEWS & NOTES

NDTA Scholarship Available

The A-Frame chapter of the National Defense Transportation Association will award two \$750 scholarships to seniors attending Department of Defense Dependent Schools in the Republic of Korea. One scholarship will be merit based, while the other will be a needs-based scholarship.

The scholarships are open to any DODDS senior. The application form and specific submission requirements may be obtained by calling 725-5426, or through local school administrators. All applications must be postmarked no later than May 3. Scholarships will be awarded in June.

Scooter Recall

The U.S. Consumer Product Safety Commission, in cooperation with MGA Entertainment Inc., is voluntarily recalling Bratz Stylin' Scooters. Consumers should stop using recalled product immediately.

Army and Air Force Exchange Service outlets sold it as a promotional item in November 2004 and received 1774 units for the sale. Consumers may return the item to the store for a full refund.

CSM, SGM Selection Board

A Department of the Army Selection Board will convene June 1 at the HRC Indianapolis (formerly the Enlisted Records and Evaluations Center) to consider eligible NCOs for appointment to command sergeant major, promotion to sergeant major and selection to attend the U.S. Army Sergeant Major's Course, Class #57.

Eligible NCOs for consideration must do an Electronic Review of their Enlisted Records Branch by logging on to the HRC Indianapolis website at [HTTPS://WWW.HRC.ARMY.MIL](https://www.hrc.army.mil), clicking on HRC Indianapolis link, and then clicking on "promotion file." Once at the "promotion file" web page, they should follow the instructions.

OMPF update materials must be received at HRC Indianapolis no later than May 13. All Army command sergeants major and sergeants major eligible for promotion should ensure their enlisted records are updated for upcoming selection board.

A Det, 516th PSB can assist with sending documents for updates to Official Military Personnel Files. The Detachment's hours of operation are 9 a.m. to 5 p.m. Monday, Tuesday, Wednesday and Friday. Walk-ins are welcome, but it is suggested that customers make an appointment. Call the Enlisted Records Section at 724-96205/5426 for information or to make an appointment.

Turbo PCS: 8th PERSCOM levy Web site helps Soldiers during PCS

By Sgt. 1st Class Patricia Johnson
8th Personnel Command

YONGSAN -- A new and better levy Web site has been implemented to assist Soldiers in Korea leaving or changing duty stations somewhere outside of Korea.

Every Soldier in Korea has to have a levy briefing before receiving orders to his or her next duty assignment. The 8th Personnel Command information management office has updated the Web site and made it more user friendly for all Soldiers leaving the peninsula.

"The new Levy Web site deployed April 1. It was supposed to start a few weeks earlier, but during a demonstration, there was considerable input and (the site) was redesigned to be "packaged" into an easy 1-2-3-4 steps," explained Ronald Munsee, 8th PERSCOM information management officer. "Step 1 was a collection of required questions that were needed from all Soldiers; Steps 2-4 are optional based on your specific situation."

"The summer is the season for reassignments, so we needed something available 90 days before the transition season; hence, the March/April time-frame," Munsee said.

The new Turbo PCS Web site automates the Levy Briefing and Soldiers' requests for PCS orders. Soldiers must be on assignment instructions to access the new site. Once a Soldier is on assignment instructions, all he or she needs to do is log into the Turbo PCS site using his or her Army Knowledge Online user identification and password. Soldiers can reach the Turbo PCS Web page by typing the following URL into their browsers: <https://www-levybrief.korea.army.mil/>.

They can also access it through a link on the 8th PERSCOM Web site <http://www-8perscom.korea.army.mil/>.

"As you know, Korea is typically a one-year tour, so the high turn-around is really high for the Soldiers who cut orders (and those who manage assignments). We therefore needed to automate the PCS

"We hope to make this process more streamlined for those who use it to PCS, and also those who manage the order processing."

— Ronald Munsee
8th PERSCOM information management office

process," said Munsee. "We hope to make this process more streamlined for those who use it to PCS, and also those who manage the order processing."

The Turbo PCS Web site features interactive programming that tailors questions based on Soldiers' responses and adapts to fit the servicemembers' needs. After accessing the site, Soldiers are led through each of the Levy Briefing topics. At any time during the briefing they can stop, print the page, go to the Frequently Asked Questions page or log off of the site. Turbo PCS stores all the information the Soldiers have completed until it is complete, so if they are interrupted during a levy brief, they can return and resume where they left off. Soldiers must submit a Statement of Reassignment at the conclusion of the briefing to request their orders.

The completed levy brief is

available indefinitely for Soldiers to view and print, including important PDF forms that some Soldiers will need to out process. Personnel can access the Web site 24 hours a day, seven days a week. Like any other Web site, performance (response time) depends on Soldiers' internet connection speed and the total number of users accessing Turbo PCS.

The levy brief is an online procedure and must be done online. For Soldiers who do not have computers, computers may be available at post libraries, education centers, USO centers, or installation cyber cafés. USFK has some restrictions on what computers can access the military servers, so Soldiers are advised to use computers within military compounds.

The Levy Web site was developed by a team of programmers and database specialists that are located here on Yongsan. [They are] part of 8th PERSCOM and do 'IT-Support' for all aspects of 8th PERSCOM. The members of the team recommend Soldiers e-mail them with any problems, suggestions, concerns (or compliments) to Ronald.Munsee@Korea.Army.Mil. For the fastest, most accurate service, Soldiers should follow-up with a phone call at 724-3304 during duty hours to provide their social security numbers.

"Just for context, and hopefully add some clarity, there are several different "layers" in making a Web site," said Munsee. "There is the database layer, which keeps up-to-date information about the Soldiers and where some of the logical procedures are kept. Then there is the programming layer where logic is performed. Finally, there is the

See PCS, Page 4

Army Suggestion Program offers feedback via Web site

By Ko Hwa Ok
Korea Region Suggestion Program

YONGSAN -- The Korea Region Office takes suggestions very seriously.

A recent comment submitted through the Interactive Customer Evaluation Web site asked why it took so long for a suggestion to go through the system. The person who submitted this ICE comment did not know how to find the status of his suggestion.

Suggestions help to improve the quality of life for servicemembers, civilian employees and family members. However, suggestions may also help to save lives on the modern battlefield.

Quite understandably, if a person takes the time and effort to submit a suggestion, then he or she should receive feedback on how the suggestion is progressing.

There is a way to do this on the Army Suggestion Program Web site at <https://armysuggestions.army.mil/>. Users will need an AKO account to access the system.

Once at the Army Suggestion Program Web site, the user should click on "Suggestion Submitters" on the left side of the screen. The submitter can view the status of his or her suggestion on the screen and print it out for future reference.

If an individual submitted an idea prior to the implementation of the automated system in May 2004, then they should contact the local Army Suggestion Program coordinators at each of the area commands for a status report. The Army Suggestion Program coordinators at each command are: Area I, Yi U-Nan, 732-6546; Area II, Sam Hillhouse, 738-5284; Area III, Pak No-Chun, 753-8553; and Area IV, John Morehouse, 768-8736.

Program administrators said the primary focus of KORO is to make the Army Suggestion Program more "suggester focused" and "suggester friendly." To that extent, KORO is instituting a process where the region coordinator will coordinate with the major command and HQDA for regular updates on the status of open suggestions.

This feedback will be sent to the submitters.



No Pressure



SPC. TIMOTHY J. BELT
Spc. James Hanson, a medic from the 3rd Infantry Division, takes the blood pressure of a woman while providing medical assistance to residents of Baghdad, Iraq.

Transform from Page 1

unrelated areas,” Grone said. “We are implementing a capabilities-based process for identifying needs, creating choices, developing solutions and providing installation capabilities to support joint warfighting needs.”

Grone said DoD set out in 1997 to assemble a corporate-wide inventory of assets. “As the department began to improve its knowledge of what it had and where it had it, we also began to build a framework to treat our hard assets appropriately,” Grone said. DoD’s efforts to more properly sustain and recapitalize its facilities inventory is now demonstrating results, he added.

He said the department remains committed to a 67-year recapitalization rate by 2008, down from 192 years four years ago and 110-year recapitalization forecasted in the fiscal 2006 budget request. “We have built the program around private-sector best practices and commercial benchmarks wherever they can be applied,” Grone observed, “and we continue to refine our models and guidance to keep them current.”

He also said the defense of the nation and environmental protection are strongly linked. “The department continues to be a leader in every aspect of environmental management,” Grone said.

The latest Defense Installations Strategic Plan, he pointed out, integrates environmental management systems,

safety and occupational health into a comprehensive approach to asset management and builds upon past accomplishments to sustain, restore and modernize installation assets. “This plan is much more robust than its predecessor,” Grone said. “It provides specific initiatives, timelines and performance measures by which we can assess our success in achieving our goals and objectives.

“The expanded scope reflects the integral relationship between natural and manmade assets ... and advances the integration of installations and environmental, safety and occupational health activities to enhance overall support of the military mission,” he said.

“America’s security depends upon defense installation assets that are available when and where needed, with the right capabilities to support current and future mission requirements. As the guardians of defense installations and the environment, we embrace transformation as the best way to guarantee these capabilities are delivered – effectively and efficiently,” Grone said.

The ability to keep them effective and efficient, he added, depends on knowledge, foresight and partnership. And Grone challenged DoD’s partners in government, the nongovernmental organization community and industry to “make it happen.”

PCS from Page 3

web-design layer; that is what the user sees. In fact, rarely does one person do more than one task at an in-depth level.

“One of our ‘web designers’ who is truly amazing, said making the levy site was challenging because of the requirement that we break down the Reassignment Statement — that’s what is created at the end of the Levy Brief — into byte-sized chunks.

“Apparently, making things smaller and with less content is harder. And like a true

artist, he continues to look for improvements. For the final product is truly a team effort.”

The new Turbo PCS Web site is one of the exciting human resource enablers arriving in Korea over the next few months, in anticipation of 8th PERSCOM’s transformation into the Eighth U.S. Army G1/AG. The new URL for the 8th PERSCOM/EUSAG1/AG Web site is now active. Personnel can access this site at <http://www-hr.korea.army.mil>.

AD
GOES
HERE

Forest teaches conservation

By David McNally

Area I Public Affairs

POCHEON — The trees reach high into the sky. Korea's most protected natural forest is a place to learn about nature.

Gwangneung Forest, just east of Pocheon, is home to the Korean National Arboretum. It is the best preserved forest in the nation, officials say.

In 1469, a Korean king foresaw the importance of maintaining a balance with the woods.

King Sejo, the seventh king of the Joseon Dynasty, chose the area as his royal tomb site. By royal edict, he declared the area as protected land; no farming or even slight modifications were allowed.

In the early 20th century, the forest became an official laboratory for botanists and biologists.

During the Japanese occupation, much of Korea's natural resources were depleted. By happenstance, the forest escaped the aggressive Japanese logging practices.

Fortune also spared the forest from the ravages of the Korean War.

Since 1987, the forest has been open to the public as an arboretum.

Forestry officials collect and preserve rare seeds and plants. They conduct research on wild plant cultivation.

The Forestry Research Institute aggressively protects the area with stringent rules:

- The park limits visitors to 5,000 a day
- It is closed on weekends
- Reservations are required

The National Arboretum hosts a comprehensive children's education program.



Museum of Forestry

Kwan said the children love to hike the forest trails. The arboretum contains 16 special outdoor gardens with a myriad of different plant types. The arboretum preserves 3,344 kinds of plants.

See **Conservation**, Page 8

Each day the park is open, bus loads of school children arrive to learn about the forest.

Kwan Yun-hee, a kindergarten teacher with Ok Jung Elementary School in Seoul, took 60 students on a National Arboretum field trip April 8.

"These children live in the city," Kwan said. "This gives them an opportunity to experience nature up close and personal."



PHOTOS BY DAVID McNALLY

Trees at Korea's most protected forest serve as an outdoor classroom for students and nature enthusiasts.



Elementary school students listen to their teacher before entering the Museum of Forestry April 8.



Confers Garden is one of 16 arboretum gardens. It contains Korean and Needle firs, Red Pine trees and Korean Hemlock.



Kwan Yun-hee, teacher (right) leads a group of kindergarten children through the Korean National Arboretum April 8.

Students, Soldiers celebrate Arbor Day

By Spc. Stephanie Pearson

Area I Public Affairs

CAMP RED CLOUD — Soldiers of Headquarters and Headquarters Company, Area I Support Activity got their hands dirty with local high school and college students April 5.

To recognize the Korean Arbor Day holiday, 40 students from Kyungmin High School and College came to Camp Red Cloud bearing flowers and shrubs. Soldiers joined the Koreans in planting the gifts around the Area I headquarters building and post golf course.

"Today is Arbor Day, and everyone feels a responsibility to plant somewhere," said Heo Jung-won, a Kyungmin high schooler. "It's meaningful to come here and plant, and it is a fun and satisfying accomplishment."

The Republic of Korea first celebrated Arbor Day in April 1954 to begin the reforestation of the war-ravaged land.

"In the last century, South Korea's forests were devastated by occupation and war," said Col. Jeff Christiansen, Area I commander.

"The Korean people have made a concerted effort every year to plant trees on Arbor Day, that generations to come will have a richer future," Christiansen continued. "It is in this spirit that we meet with Kyungmin College to celebrate by planting new life."

This is the fourth year the two institutions have commemorated the event together. Last year, area officials planted a tree on the college campus.

E-mail stephanie.a.pearson@us.army.mil



SPC. STEPHANIE PEARSON

Master Sgt. Arlita Crawford, Headquarters and Headquarters Company, Area I, helps Kyungmin High School student Lee Hye-kyong plant flowers at Camp Red Cloud April 5.

NEWS & NOTES

Golf Course Closure

The Camp Red Cloud Golf Course is closed until April 23 for maintainance.

Black-Market Hotline

The Black-Market Hotline number has changed to 738-5118. The number is monitored by an investigator during normal duty hours and switched to a recorder after hours. If an observation requires urgent attention, call the military police at 730-4417.

EEO-POSH Training

Camp Casey will host an equal employment opportunity and prevention of sexual harrassment class 8-10 a.m. for nonsupervisors and 10 a.m. - noon for supervisors Friday at the Second to None Club.

Talent Show and Dance

Better Opportunities for Single and unaccompanied Soldiers is hosting a Talent Show from 6 to 9 p.m. April 23 at Camp Stanley's Reggie's and an all-nighter dance from 9 p.m. - 2 a.m.

Career Symposium

The 2nd Infantry Division is hosting a Career Symposium 9 a.m. to 5 p.m. April 27 at Camp Casey's Carey Fitness Center. Representatives will provide information on their prospective areas.

Fashion Show

Better Opportunities for Single and unaccompanied Soldiers is hosting a casual and sportswear, business attire, and evening formal fashion show April 30 at the Camp Red Cloud Community Activity Center.

Volunteer Ceremony

The quarterly Volunteer Awards Ceremony will be held 11:30 a.m. - 1 p.m. May 17 at Camp Red Cloud Mitchell's Club. For information, call 732-7277.

Hot Stuff Pizza Delivers

Camp Red Cloud's Hot Stuff Pizza, located inside the CRC Lanes Bowling Center, now provides food delivery services to camps Red Cloud and Jackson. For orders, call 732-6458 or 732-9008 between 11:30 a.m. and 10 p.m.

Vocalists Needed

The 2nd Infantry Division Band is seeking male and female vocalists. Applicants must be a private first class, have six months left in country, present a professional appearance and comply with army height and weight standards. For information, call 732-6695.

Bowling Center Hours

The Camp Casey Bowling Center's new hours of operation are 11 a.m. to 11 p.m. Monday - Thursday and Sunday, and 11 a.m. - 1 a.m. Friday and Saturday. The center will be closed Tuesdays.

Wireless Laptop Access

Camp Casey's Primo's Express and Warrior's Club now offer free wireless laptop access. For information, call 730-3400 or 730-2195.

Camp Casey welcomes local youth

By David McNally

Area I Public Affairs

CAMP CASEY — Garrison officials hosted a community day April 5 with about 90 children from two local orphanages.

"We want them to learn more about the base and who we are," said Anthony Vicente, U.S. Army Garrison, Camp Casey, deputy to the garrison commander.

The group watched a special showing of the "Thunderbirds," a G-rated action-adventure movie with Korean-language subtitles.

Before the show, the children enjoyed

a traditional American meal: Popeye's chicken, soda and popcorn.

Vicente said he recently heard about a similar event in Area II.

"I contacted the exchange officials to see if we could put together something like that," Vicente said. "They were very supportive. They provided the food, movie and gifts for the children."

The children and their instructors arrived at the Camp Casey Theater in two buses.

Vicente said People-to-People International and the Dongducheon

chapter of the Association of the United States Army paid for the

M o r a l e , Welfare and Recreation buses for the group.

The boys and girls, from t h e Dongducheon C h i l d r e n Center and the B o h w a Orphanage in Pocheon City, were between 5-18 years old.



The Thunderbirds movie tells the story of a heroic family out to save the world.

The movie struck a chord with the children even with the subtitles. The children reacted to the jokes and fight scenes with laughter and enthusiasm.

As the kids left the theater, Army and Air Force Exchange employees handed out balloons and gifts.

Camp Casey officials host regular community relations activities with local political and civic leaders; however, one of the garrison's goals was to interact with Koreans from the younger generation.

Vicente said he wanted the kids to remember that Americans are the "good guys."



DAVID McNALLY

Bae Mi-jin, 17, and Kim Da-bin, 5, enjoy an American film at the Camp Casey Theater as part of a garrison community relations initiative April 5. The girls reside in local orphanages.

E-mail david.mcnally@us.army.mil

Red Cross honors Area I volunteers

By David McNally

Area I Public Affairs

CAMP CASEY — The camps Casey and Red Cloud American Red Cross chapters honored volunteers at a golf clubhouse breakfast gathering April 7.

Red Cross managers presented certificates to 20 volunteers, advisory council members and contributing organizations during the annual recognition event.

"Without our volunteers, we wouldn't be able to do our job very well," said Mark Hooper, CRC ARC station manager.

There are more than one million trained volunteers worldwide. In 2004, Area I servicemembers and civilians donated about 25,000 hours to the American Red Cross.

"The Red Cross depends on volunteers to accomplish the organization's mission," said Ahava Martin, ARC Korea-hub manager. "Volunteers are an integral part of the community, and they help to reflect the diversity of the community."

Martin said the American Red Cross is uniquely suited to help U.S. servicemembers and their families.

"Military life comes with its own set of challenges," Martin said. "Families are frequently separated and always on the move."

Martin said no matter how strong the family ties are, moves and separation put a strain on relationships.

"The Red Cross is involved in working with military families, and we've been doing that for over 100 years,"



ACS training aims to help entrepreneurs

By Spc. Stephanie Pearson

Area I Public Affairs

CAMP STANLEY — Army Community Service sponsored a self-employment seminar April 8 at the Pear Blossom Cottage.

"This training is aimed at family members interested in starting their own home-based business," said instructor William Beatty, the Area I employment-readiness coordinator.

Jennifer Richards, a Camp Stanley spouse who attended the training, said she was excited to learn about the class.

"I am interested in starting a business of my own," Richards said. "This has been very helpful. Bill has given some great information."

This is the first time a seminar like this has been presented in Area I, Beatty said.

Richards said she appreciates the opportunity to learn while her children play at the Camp Stanley Pear Blossom Cottage.

"The fact that the ACS is offering classes like this for spouses in Area I means a lot to me," she said, "because we aren't even command sponsored."

Beatty also offers classes in other areas such as resume writing and interviewing skills, and said he plans to present the self-employment seminar at the Camp Red Cloud Pear Blossom Cottage at 1 p.m. April 22. For information, or to reserve a seat, call 732-7168.

E-mail stephanie.a.pearson@us.army.mil

Camp Red Cloud opens new ID card office

By Spc. Stephanie Pearson

Area I Public Affairs Office

CAMP RED CLOUD — Garrison officials opened a new identification card office here April 6 to issue cards and update information in the Defense Eligibility Enrollment System.

Before this office opened, Soldiers and civilians from Camp Red Cloud and surrounding installations had to go to Camp Stanley to get an identification card or update information in DEERS, said Rodney Williams, U.S. Army Garrison, Camp Red Cloud security officer.

"The new office will reduce the time Soldiers need to get an ID card," he said. "It used to take half a day to get this done, but now it'll only take a few minutes."

The identification card office complements the Pass and ID section at the garrison headquarters building near the back gate of Camp Red Cloud.

The Pass and ID office enters data into the Biometric Identification System. Installation officials use BIDS to scan identification cards and vehicles of people entering U.S. military bases in Korea.

"It's a comprehensive system we use to identify everyone," Williams said. "You can even scan fingerprints."

Williams said the system makes sure you are who you say you are.

"Back in 2003, we were trying to figure out how to get a BIDS office at Camp Stanley, because Soldiers could get their ID cards there but had to come here to get registered in the system," he explained.

Williams said with the arrival of the new garrison commander, Lt. Col. William Huber, there was a big push to get an identification card office at Camp Red Cloud.

"Now both places are a one-stop shop," Williams said. "You can get your ID card, then step next door and get registered in BIDS."

Williams said the new office will make supervisors and commanders happy because now they don't have to send Soldiers to camps Stanley



SPC. STEPHANIE PEARSON

Shin Kye-won updates a Soldier's information at the new identification card office at Camp Red Cloud.

or Casey to handle identification card or DEERS issues anymore.

"It used to waste about three hours of a Soldier's day," said Shin Kye-won, the clerk in the new office, "because they had an hour's bus ride each way. We had two ID card clerks at Camp Stanley, so they split us up and I came here to help Soldiers."

Shin said business has been slow so far, but she expects things to pick up when more people find out about the new office.

"I only see about three or four people a day now, but I'm expecting that to increase by next month," she explained. "People don't know I'm here."

The Army is well into the process of replacing traditional identification cards with the new smart cards.

Officials said the common access card has

tremendous potential. The key is a small microchip built into the new plastic card.

Across the Defense Department, the goal is to issue all 4.3 million U.S. military personnel, civilian Department of Defense employees and on-site contractors a new card.

The one card will be used for everything from logging into shared workstations to getting food at the commissary.

"CAC holders will be able to use the card for things like automated building access and signing into computer systems and networks," Shin said. "It will impact on medical, logistics, personnel, travel and acquisition — it has many other potential functional applications."

Soon Soldiers in Korea may be able to simply swipe the new chip card to deduct the cost of a meal in a military dining facility.

This is already done at many installations around the Army, officials said.

Shin said almost half of the cards they issued when she worked at the Camp Stanley office went to Soldiers who damaged their chip cards.

A common complaint is the lamination peels. Once this happens, the photograph and data fade easily.

"The old cards were made of paper with double plastic lamination," Shin said. "The new chip card is plastic with a single, thin layer of lamination covering the imprinted data, photograph and chip. The Soldiers treat it the same as the old ID card, but they can't."

Shin said the new common access cards require extra care and attention:

- Keep the card in a plastic cover
- Avoid contact with water
- Do not peel the lamination
- Do not remove the chip

The office is open 9 a.m. — 4 p.m. Monday through Friday, but closed for lunch noon — 1 p.m. Soldiers are seen on a walk-in basis. For information, call 732-9266.

E-mail stephanie.a.pearson@us.army.mil

Area I readers check out National Library Week

Libraries offer many entertainment options

By David McNally

Area I Public Affairs

CAMP RED CLOUD — Area I libraries braced for a flood of new readers during National Library Week, April 10-16.

"This week, schools, campuses and communities across the country celebrated their libraries," said Daniel Sadowitz, Area I head librarian. "It reminds the public about the valuable contribution of our libraries, librarians and library workers."

Libraries in the Camp Red Cloud Enclave provided complimentary snacks and refreshments.

Morale, Welfare and Recreation officials also gave away seven \$25 meal coupons.

The camps Casey and Hovey libraries held open houses Sunday.

Both events were opportunities for the community to see new book

collections, DVDs and CDs.

"I come here for the computers," said 1st Lt. Christina Feliz, Headquarters and Headquarters Company, 122nd Signal Battalion.

Feliz said in addition to the fast Internet connection, she enjoys checking out free movies.

"I think the library offers a lot," Feliz said.

Sadowitz said he is always looking for new ways to get the community to visit the library.

"It's easy to take our libraries for granted because they are always there for you," Sadowitz said.

"I think the library offers a lot."

—1st Lt. Christina Feliz

Sadowitz said the theme this year is "something for everyone at your library."

Libraries have always been part of the American dream, explained Sadowitz.

"They are places for education, self-help and lifelong learning," he said.



DAVID MCNALLY

1st Lt. Christina Feliz, Headquarters and Headquarters Company, 122nd Signal Battalion, checks out the Camp Red Cloud Library's offerings Monday during National Library Week.

E-mail david.mcnally@us.army.mil

501st CSG strengthens spiritual fitness

By Capt. Catina Barnes
2nd Infantry Division Public Affairs

CAMP RED CLOUD — More than 140 501st Corps Support Group Soldiers and civilians gathered for a prayer breakfast March 29 at Mitchell's Club.

The guest speaker, Chaplain (Col.) Richard Garrison, 19th Theater Support Command, spoke about the special connection he and his brother have to the events of Sept. 11, 2001.

Garrison and his brother were mountain climbing that day.

Garrison fell 20 feet while his brother was 65 feet down holding the rope.

"You have only what you take, everything of value cost something," Garrison said.



CAPT. CATINA BARNES

Chaplain (Maj.) Michael Charles, 19th TSC, performs during a March 29 prayer breakfast.

He said equipment must be trusted but be used within its limitations.

Garrison explained how one must plan for a crisis "before a crisis comes."

He left the participants of the prayer breakfast with four lessons as they relate to "living a Christian life," he said.

"It's important to take time to strengthen our spiritual fitness," said Col. Jayne Carson, 501st Corps Support Group commander.

Carson ensures the unit takes time to do just that about every four months.

"The turnout was good and we had great participation due to the hard work and coordination of Chaplain Frank Ciampa, 498th Corps Support Battalion, and Chaplain Charles Lahmon, 25th Transportation Battalion," said Chaplain (Maj.) David M. Lockhart, 501st CSG chaplain.

Lockhart said there were representatives at the prayer breakfast from Yongsan Army Garrison, camps Kyle, Casey, Humphreys, Stanley, Walker, Carroll and Red Cloud."

The topics, "Strength to Overcome" and "Survive Adversity," hit close to home for many Soldiers, Garrison said.

"They work in a forward-deployed unit in support of the Republic of Korea-U.S. Alliance," he said.

E-mail Tina.Barnes1@korea.army.mil

Conservation from Page 5

The Museum of Forestry has various exhibitions and specimens, with interactive displays.

Visitors learn about how Koreans have used wood throughout their history.

The park also has a wildlife area, which will open to the public in May. The small zoo has 18 species of animals once native to Korean forests, to include

Siberian Tigers, Asiatic black bears, eagles and owls.

The Korean National Arboretum is about a 30-minute drive from Camp Kyle. To make reservations or read information in English, visit <http://www.koreaplants.go.kr:9300/eng/>.

E-mail david.mcnally@us.army.mil

Volunteers from Page 6

Martin said. "Services are offered 24-hours a day, 365 days a year. No matter where a Soldier goes, there is an American Red Cross representative available."

In 2004, the American Red Cross sent more than half a million messages for military members, 2,200 of those messages were for Warrior Country Soldiers and civilians.

Martin said a Red Cross recognition committee chose two Warrior Country volunteers, Capt. Keith Washington and Karyn Kuniyuki, for exceptional service awards.

"It's exciting to be recognized," Kuniyuki said. "I put in between 25 to 30 hours a week all summer, and it is volunteer work."

Martin said there are a variety of

reasons people volunteer for the Red Cross.

"Some people want to do good works or be more involved with the community," she said. "Sometimes it's an opportunity for more social interaction and networking opportunities."

Kuniyuki said she began volunteering with the American Red Cross at Camp Red Cloud to gain work experience.

"It became kind of addictive," she said. "I felt needed in my environment, and the work was fun."

Kuniyuki said the awards breakfast was a valuable way to let people know their time was appreciated.

E-mail david.mcnally@us.army.mil

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keepin' it legal

Capt. Joon K. Hong

Why Juries Matter

YONGSAN — Each year, the American Bar Association hosts “Law Day,” an annual event held May 1. The purpose of Law Day is to educate the public about our legal heritage and how the rule of law makes is possible for democracy to exist.

This year the Law Day theme is “The American Jury: We the People in Action.” This is the first of four in a series of stories that describes the functions of a jury, the historical roots of the American jury system, how juries have helped win America’s independence and the future of the jury system.

As you read the article below, keep in mind the men and women who have fought to keep our democracy alive. And remember to mark your calendar for the upcoming May 7 Law Day 5 km race at Collier Gym starting at 9:30 a.m.

Why Juries Matter

American juries are democracy in action. A group of citizens, drawn from a cross-section of a community, hear evidence and then they -- and they alone -- decide the case.

The decision that jurors make affects many people’s lives every day and has a profound impact on our society. In criminal cases, juries decide whether the defendant is guilty or not guilty. The defendant’s liberty -- and maybe even his life -- hangs in the balance.

In civil cases, the jury will decide whether the defendant is liable or not liable for damages. At issue is sorting through the evidence and determining if the plaintiff has been wronged and, if so, what damages would be appropriate.

And yet these momentous decisions are being made -- and made well -- not by experts or legal scholars, but by ordinary people.

How the System Works

Courts compile lists of potential jurors from various sources, such as voting rolls and lists of license drivers. In recent years the trend has been to add potential jurors from other sources -- such as state income tax mailing lists and unemployment and public assistance rosters -- to bring in as wide a cross section as possible.

From these lists, people are randomly selected to report for jury duty. About five million Americans appear in court each year in response to summonses for

Area II employee recounts Tsunami experience

By Mary B. Grimes

Armed Forces Network-Korea

YONGSAN — For some, it may appear that the interest and compassion shown during the early days of the tsunami have all but waned. Not true, according to one Area II employee.

Through teary eyes, Mario Farrulla, director of Area II Support Activity Community Activities and Moyer Services centers, recounted his family’s experience and learned that life is very precious and can be plucked any moment from the creator.

Farrulla, his wife and three daughters were among the many tourists enjoying a getaway on Phuket’s white-sand beaches when, three months ago, tsunami waves invaded its shores, leaving behind death, destruction and much tears.

His story of the devastation, the horror and the confusion sounds much like many who had similar, if not the same, personal experience.

A guardian angel, he concluded, is the only reason he and his family are able to talk about their story today.

“On the day of the tsunami, my family and I got up early because we wanted to take advantage of the day,” said Farrulla. “We had a discussion over whether we should go shopping first or go to the beach. We went around and around for a few



Mario Farrulla

minutes, before we all agreed to go shopping, and then return to the hotel later to relax.”

Their decision to go shopping likely saved their lives, said Farrulla.

“I will always believe that it was something as simple as go left or go right that accounts for my family and I being alive today. I am alive today because of mercy,” he said.

When the tsunami hit, Farrulla and his family were on an inland tour. He did describe that he noticed the choppy waters out in the ocean, but did not think anything of it.

“As far as I knew, everything was in order. It wasn’t until a short time later that

a local ferry operator would tell the tourists of the deadly tsunami,” said Farrulla.

Soon after the tsunami, the Thai people asked Farrulla and his family to go back to their hotel in haste.

However, once he and his family returned to their hotel, they saw, first-hand, the wake of destruction left by the tsunami.

“Life had changed,” said Farrulla, with tears in his eyes once again. “A five-star hotel had literally been reduced to shambles. Everything, from cars to trucks, has turned upside down. And there was a pungent stench everywhere.”

Becoming more emotional Farrulla said, “We saw the young and the old holding up photographs of their lost or displaced loved ones. And I think it was when we saw their faces and their injuries that we truly realized how blessed we were to be alive.”

As Farrulla set out to try and contact his family members in the United States, little did he know that back here in the Yongsan community, his employer and friends were working feverishly to try and determine his whereabouts.

“When we arrived back in Seoul, the first thing I did was contact my boss, Paul Robinson,” said Farrulla. “There was so much joy and relief in their voices. The first thing they told me was to contact the Area

See **Tsunami**, Page 10

Walk for Fallen Heroes in Yongsan



PHOTOS BY CPL. PARK YUNG-KWII



Top Left: Lt. Gen. Charles C. Campbell, Eighth United States Army commander, leads participants during a 7 km walkathon and run around Yongsan, April 2. The event was sponsored by the Renaissance Program of Seoul American High School to raise money for families of those serving in Iraq and Afghanistan.

Top Right: After completing the 7 km course, runners conduct a cool-down stretch.

At Left: A young scooter rider stops to quench his thirst during the walkathon April 2.



See **Juries**, Page 11

NEWS & NOTES

Commander's Hotline

Area II residents who have questions or comments for the Area II commander can voice them by calling 738-5017 or 3489, or by e-mailing areaiitownhall@korea.army.mil.

Relocation of Inspector General Office

Starting Saturday, the office of the Inspector General will relocate to Bldg. 2372, 2nd Floor. The location is adjacent to the rear of the 1st Brigade Headquarters building. For information, call 723-4007.

Power Outage

There will be two power outages Saturday and April 23 in South Post due to the relocation of helipad H208 and construction of entrance for the Korean National Museum. The first power outage scheduled 9 a.m. – 6 p.m. Saturday will affect the area between Gate 17 and Collier Field House and the second power outage scheduled 9 a.m. – 6 p.m. April 23 will affect all of South Post. For information, call 724-5007 or 011-9690-2819.

NEO Exercise

The Courageous Channel NEO exercise will be conducted April 28 - May 1 in Area II. All military and emergency essential DoD civilian family members, non-essential DoD civilians, invited contractors, technical representatives and their families are required to participate. Evacuation control centers at Collier Field House and the Hannam Village Chapel will be in operation from 6 a.m. - 8 p.m. April 28 - 29, and 8 a.m. - 4 p.m. April 30. For information, call 738-3291 or 738-3429.

The Black and Gold Scholarship Ball

The Black and Gold Scholarship Ball will be held April 23 in Dragon Hill Lodge Naija Ballroom. For information, call 011-9779-9184 or 738-3291.

Community Health Fair

Commander, Area II Support Activity, and 18th Medical Command will host a Community Health Fair 9 a.m. - 2 p.m. April 30 at the 121st General Hospital front patient parking lot. Come out and enjoy food, kids entertainment, prizes and a 5k Fun Run. There also will be information booths on health and fitness. For information, call (315) 737-7426 or 011-9864-0837.

The Holocaust Commemoration Ceremony

Commander, Area II Support Activity and the Ethnic Observance Committee will host a Holocaust Commemoration Ceremony "Days of Remembrance" 11:30 a.m. - 1 p.m. May 3 at South Post Chapel. For information, call 738-5950 or 5900.

1st Signal wins maintenance award

By Alex Harrington

Area II Public Affairs

YONGSAN — During the U.S. Army Network Enterprise Technology Command/9th Army Signal Commander's Conference at Fort Huachuca, Ariz., Maj. Gen. James C. Hylton, NETCOM/9th ASC commanding general, recognized 1st Signal Brigade commander, Col. Lawarren V. Patterson, with the Maintenance Excellence Award, March 31.

First Sig. Bde. was one of many brigades that received recognition for exceeding basic standards of performance and customer service.

"These units can take pride in their accomplishments," said Chief Warrant Officer Amy Cox, Support Maintenance Officer, NETCOM/9th ASC Supply and Logistics Directorate (G-4). "The leadership of [1st Sig. Bde.] is commended for instilling the creativity, the personal involvement, and above all, the pride in service necessary to achieve high performance."

The winners and runners-up of the NETCOM/9th ASC level of the Army Award for Maintenance Excellence are:

Small MTOE Category

- Winner – 11th Signal Detachment, 43rd Signal Battalion, 2nd Signal Brigade
- Runner-up – Headquarters

Company, 307th Signal Battalion, 1st Signal Brigade

Medium MTOE Category

- Winner – 181st Signal Company, 43rd Sig. Bn., 2nd Sig. Bde.
- Runner-up – 501st Signal Company, 36th Signal Battalion, 1st Sig. Bde.

Large MTOE Category

- Winner – 72nd Signal Battalion, 7th Signal Brigade
- Runner-up – 41st Signal Battalion, 1st Sig. Bde.

Small TDA Category

- Winner – 6981st Civilian Support Group, 2nd Sig. Bde.

Medium TDA Category

- Winner – 39th Signal Battalion, 2nd Sig. Bde.
- Runner-up – 52nd Signal Battalion, 2nd Sig. Bde.

Winners and runners-up of the NETCOM/9th ASC level of the Supply Excellence Award Program are:

Level I (A) – MTOE Company/ Detachment

- Winner – 11th Signal Detachment, 43rd Sig. Bn., 2nd Sig. Bde.

Level I (B) – MTOE Battalion

- Winner – 58th Signal Battalion, 516th Signal Brigade

Category winners will compete at Army-level maintenance and supply competition, with results scheduled to be released later this month.

E-mail harringtona@korea.army.mil



COURTESY PHOTO

Col. Lawarren V. Patterson, center, 1st Signal Brigade commander, accepts the Maintenance Excellence Award (Medium MTOE Category) March 31, from Maj. Gen. James C. Hylton, left, and Command Sgt. Maj. Ronald Desjardins, NETCOM/9th ASC commanding general and command sergeant major.

Yongsan Teen Center opens to bring Teens entertainment

By Pfc. Seo Ki-chul

Area II Public Affairs

YONGSAN — "This new facility will provide a place for the teens to hang out with friends, learn new skills in the technology lab, play pool, football and create a place all their own," said Command Sgt. Maj. Kevin Witt, Area II Support Activity, during the grand opening ceremony of the Yongsan Teen Center April 11.

Coming up with the idea, Yongsan area teens wanted their own space, free to enjoy entertainment and partake in after school programs.

"I know that the teens will benefit greatly from their new teen center and we look forward to watching them fully participate in the new programs and activities," said Witt.

Feeling the need for a new center for young adults, U.S. Forces Korea and Area II Support Activity decided to initiate the project by converting the old Morale Welfare and

See **Teen**, Page 11



Pfc. Seo Ki-chul

Command Sgt. Maj. Kevin N. Witt, Area II Support Activity command sergeant major, and High school Counsel Group students cut the ribbon in commemoration of the grand opening of the Area II Yongsan Teen Center built for teenagers.

Tsunami

II commander, Col. Timothy McNulty.

"Col. McNulty grabbed me and gave me a big hug. He then jokingly said, 'you're fired, buddy.' What he expressed to me was that everyone had been so worried and that calls from around the peninsula kept coming in. So many people were inquiring. So many people were concerned. He could not imagine having to tell others that I wouldn't be coming back. His emotions were sincere. I could see the relief and joy in him. I felt it clearly."

As his voice cracked, a humbled Farrulla

said, "I was equally moved when I learned that Korean employees like Jessica Bae, a travel agent at U.S. Airline Alliance, worked through the night trying to keep Col. McNulty, my family abroad and members of the Yongsan community on top of any information she could get from the airlines. She became the center of tracking efforts."

Farrulla said that he's a different man today. He said that he doesn't take anything for granted and is working hard, being more considerate and giving more of his time and money.

"I don't know why we didn't go left instead, we went right on the day of the tsunami. What I do know is that decision spared our lives. We were given a second chance ... a chance to see our family and friends again. But most importantly, we saw Yongsan as truly a caring community — this alone is the essence of a good neighbor."

E-mail mary.grimes@afn.korea.army.mil

from Page 9

Jurles

from Page 9

each year in response to summonses for jury duty. Not everyone summoned will actually be seated on a jury. Most don't serve, whether because they are not needed for a trial or because they are excused. About a million people each year actually serve on juries.

After being sworn in and instructed on their duties, juries hear evidence presented by each side in the case. After hearing the judge's instructions on the law governing the case, the jurors retire to determine their verdict. In many cases, their verdict must be unanimous.

When they return to the court, and the bailiff asks the jury foreperson if they have made a decision, all eyes turn to them, because their decision will decide the case—not the judge, not the lawyers, not the parties—but 12 ordinary Americans.

Few activities in our civic life provide such a direct contact with our democracy as does jury service.

E-mail Joon.hong@korea.army.mil

Teen

from Page 10

Recreation marketing building into a the teen center open to 9th- through 12th-grade students. It is equipped with a computer lab, a quiet room for homework, television room and a pool table.

"We will also host various upcoming social events, like a fine arts exhibition, photo talent show and new friend meeting area for teens," said Durbin Kyung, new teen center program director.

"This place will be great for thosewho are looking forward to having a new friend and the safe place to play."

"I feel very excited and proud of the state-of-the-art teen center because we have a group who can change this facility (marketing building) into a very welcoming place to stay for teens," said Michelle Miles, president of Keystone Club, a High School counsel group.

The teen center's is open: 2 to 8 p.m. Monday through Thursday; 2 to 10 p.m. Friday and 1 to 10 p.m. Saturday.

E-mail KiChul.Seo@korea.army.mil



Michelle Miles, right, president of Keystone Club and Derrell Staten play the Dance Dance Revolution game in the Yongsan Teen Center.

Bus Safety

A black and white photograph showing a group of children sitting on the floor in a classroom, listening to a man standing and talking. A model school bus is in the foreground. The man is wearing a dark shirt and pants. The children are of various ages and are looking towards the man. The model bus is white with 'SCHOOL BUS' written on the front.

PHOTO BY PFC. SEO KI-CHUL

Seoul American Elementary students learn School Bus Safety tips from the model bus, Barney controlled by Jesse Kim, Transportation Operations specialist, in the Department of Defense-Korea April 1 at Seoul American Elementary School.

Ad goes here



Community Events, Classes and Meetings

Hooty Car Wash

The Phi Beta Sigma Fraternity, Inc. sponsors a "Hooty Car Wash and Barbecue" to raise money for community scholarships and outreach programs, at 9 a.m. today in the parking lot between Popeyes and the Area Community Service building, behind Dragon Hill Lodge. For information, call 724-6584 or 011-9686-4866.

Aggie Muster

The Aggie Muster event will be held at noon April 23 at South Post Picnic Area #1. All former students and friends of Texas Aggie Muster are invited to the annual event. For information, call 011-9495-0622 or e-mail mwsokorea@yahoo.com.

Best Ball Golf Tournament

304th Signal Battalion will host a 'Best Ball Golf

Tournament' at 1 p.m. April 25 at Sunnam Golf Course. For information, call 722-4458.

Area II Intramural Softball League

Area II Intramural Softball League will start April 30. Those who want to participate in the program are asked to register by Monday at Yongsan Sports Center. For information, call 736-4032/7746.

12-Week Weight Management

Yongsan Weight Support Group hosts a 12-week weight management program. All participants can learn how to burn fat, to shrink fat cells and to lose weight. For information, call 010-8671-7461 or e-mail outsmartFat@yahoo.com.

6th Annual Playaz Ball

CSC Productions will host the Sixth Annual Playaz Ball 8 p.m. - 3 a.m. May 13 in the Main Post Club. For information, call 010-3149-2360 or 010-8671-4619.

Good Neighbor English Camp

The U.S. Forces Korea Good Neighbor program will host an English Camp May 17 - 21 in Yongsan to help immerse them into an English language family environment. For information, call 723-6085.

Annual June Jamboree

The Installation Exceptional Family Member Program and Seoul American Elementary, Middle

and High School will host the 19th Annual June Jamboree June 3 in Yongsan. Activities will include swimming, bowling, picnic and games. For information, call 738-5311 or e-mail CarterAI@korea.army.mil.

Exhibitions and Festivals

3rd World Ceramic Biennale

The Third World Ceramic Biennale will be held with the theme of "Ceramics: The Vehicle of Culture" for 58 days from April 23 - June 19 in Icheon, Yeosu and Gwangju. For information, call 031-631-6504.

6th Annual Hwaseong Piety Marathon

Hwaseong City Hall and the Korean-American Partnership Association will host the Sixth Annual Hwaseong Piety Marathon. U.S. Forces Korea personnel are invited to participate 8:30 a.m. May 8 at Suwon University Stadium. Bus transportation is available for all participants. Bus departs Osan Officers Club 7:30 a.m. For information, call 011-745-2989.

Religious activities

Passover Seders in Seoul

Seders will be held at 8 p.m. April 23 - 24 at the Religious Retreat Center. Reservations are required. For reservations or information, e-mail sanlando@yahoo.com or oxmanb@korea.army.mil

Spirit Warrior 2005

Spirit Warrior 2005, "A Warrior's Truth" will be held April 29-30 at South Post Chapel. Free lodging is available for attendees traveling to Area II. For information, call 738-4043/723-8716 or e-mail grandinj@korea.army.mil.

3rd Annual Gospel Extravaganza

The Yongsan Gospel Adult Choir hosts the Third Annual Gospel Extravaganza, "Make A Joyful Noise Unto The Lord" at 5 p.m. April 23, South Post Chapel, featuring gospel choirs and dance ministries from around the Korean peninsula. Also, recording artist, Minister Keith Dobbins, will facilitate two workshops, "Protecting Your Joy" and "The Influence of Hip Hop" preceding the concert. For information, call 011-204-3153 or 725-3153.

Habitat for Humanity

Yongsan South Post Chapel is looking for a caring and hard-working individual to take over as a coordinator for its Habitat for Humanity-Korea program to build several apartments in Chuncheon for needy families. For information, call 725-4408 or 010-3132-9825.

Submitting to TMCW

To submit items to Area II Community News, send all pertinent information to harringtona@korea.army.mil.

Ad goes here

Army accepts keys to first fuel-cell truck

Army News Service

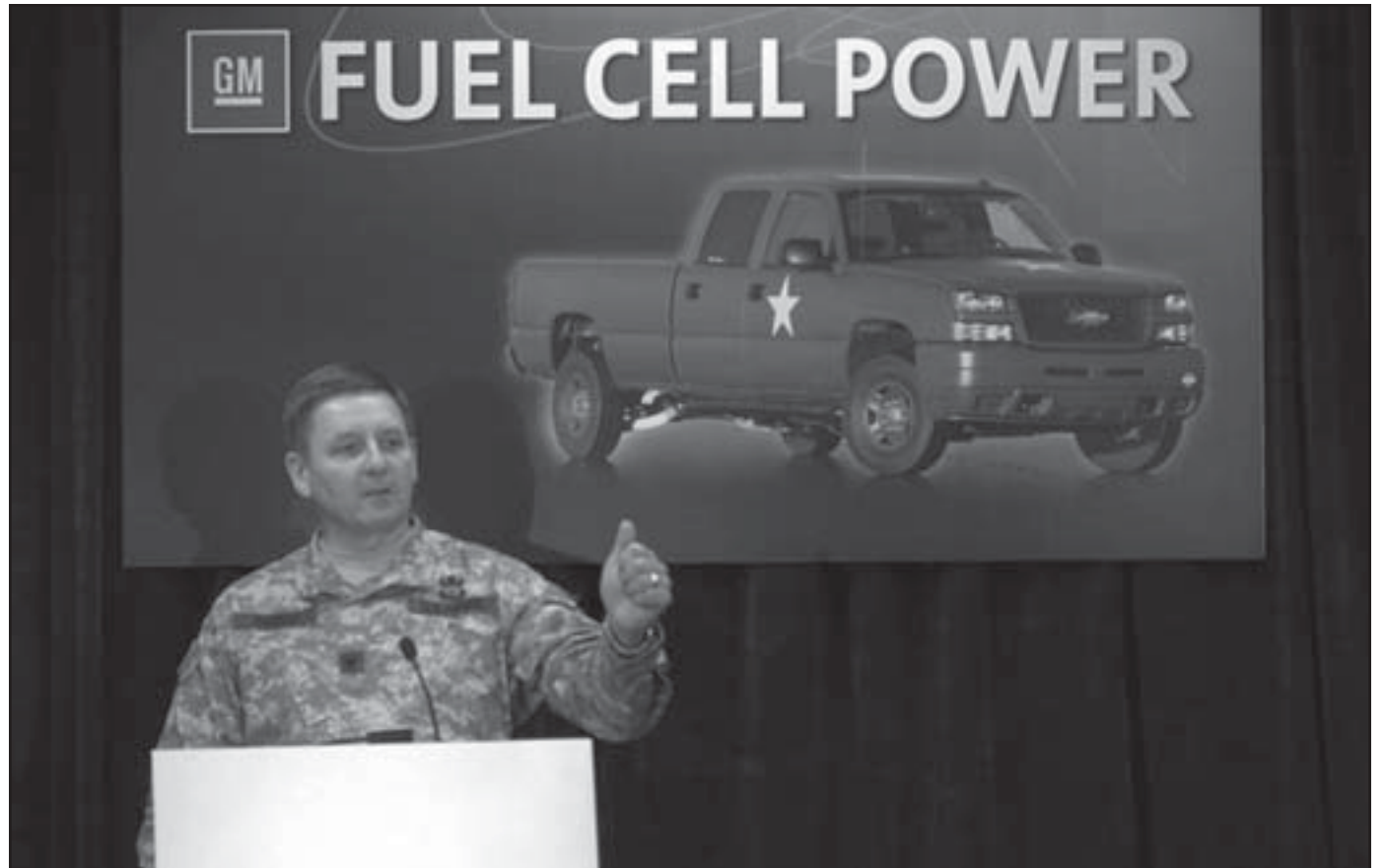
HONEOYE FALLS, N.Y. – The Army accepted delivery of the world's first fuel-cell-powered military truck Apr. 1 at the General Motors Corp. research facility outside Rochester, N.Y.

Marking the occasion were Sen. Hillary Rodham Clinton and Brig. Gen. Roger Nadeau, commanding general of the U.S. Army Research, Development and Engineering Command, Aberdeen Proving Ground, Md.

A modified Chevrolet Silverado, the GMT 800, is equipped with two 94-kilowatt fuel-cell stacks, capable of generating 188 kw and 317 foot-pounds of torque, or roughly the same torque generated by GM's 5.3 liter V-8 engine.

Despite weighing 7,500 pounds, the GMT 800 accelerates similarly to the V-8 powered production truck, but produces no tailpipe emissions. Fuel cells chemically convert hydrogen into electricity and water. Three 10,000-pound-per-square-inch compressed hydrogen storage tanks will provide a driving range of 125 miles.

"The relationship between the U.S. government and private industry is a tremendous win-win scenario, because together this technology will come in better and faster, and will have an incredible impact on us in our civilian lives. And I know what it will do to our U.S. military forces," Nadeau said.



GM PHOTO

Brig. Gen. Roger A. Nadeau, commander, U.S. Research, Development and Engineering Command, speaks at the unveiling of the Army's first fuel-cell powered truck. The truck is powered by two hydrogen fuel-cell stacks and can travel 125 miles. It can carry up to 1,600 pounds, accelerate from zero to 60 mph in 19 seconds and has a top speed of 93 mph.

"My excitement is far beyond what we're about to do with this technology and well into what it's going to do for us as we continue to transform the U.S. Army," he said.

The U.S. Army will evaluate the experimental truck until July 2006 at Fort Belvoir, Va. The vehicle will serve in a non-tactical mode while under evaluation and will not be used in ongoing operations.

The Army plans rigorous testing in different climates and locations around the United States to assess performance and give first-hand experience with hydrogen and fuel cells, officials said.

Now Showing

April 15-21

AAFES

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THEATERS IN KOREA

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AAFES THEATER	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
CASEY 730-7354	The Aviator PG-13	The Aviator PG-13	Miss Congeniality 2 PG-13	Miss Congeniality 2 PG-13	Son of the Mask PG	Son of the Mask PG	Because of Winn-Dixie PG
ESSAYONS 732-9008	Are We There Yet? PG	Racing Stripes PG	Boogeyman PG-13	No Show	Meet the Fockers PG-13	The Aviator PG-13	Miss Congeniality 2 PG-13
HENRY 768-7724	The Aviator PG-13	The Ring Two PG-13	The Ring Two PG-13	Son of the Mask PG	No Show	No Show	No Show
HUMPHREYS 753-7716	Miss Congeniality 2 PG-13	Miss Congeniality 2 PG-13	Miss Congeniality 2 PG-13	Assault on Precinct 13 R	Assault on Precinct 13 R	The Aviator PG-13	The Aviator PG-13
HIALEAH 763-3120	The Ring Two PG-13	Phantom of the Opera PG-13	Boogeyman PG-13	No Show	No Show	No Show	No Show
HOVEY 730-5412	Son of the Mask PG	Miss Congeniality 2 PG-13	The Aviator PG-13	The Aviator PG-13	Miss Congeniality 2 PG-13	Hitch PG-13	Hitch PG-13
KUNSAN 782-4987	The Aviator PG-13	The Aviator PG-13	The Wedding Date PG-13	No Show	The Wedding Date PG-13	White Noise PG-13	White Noise PG-13



The Aviator -- A snapshot in the life of the legendary Howard Hughes as he begins to direct the 1930 film "Hell's Angels" starring Jean Harlow. Hughes' obsession with perfection in the aerial sequences spurs him to extreme lengths, such as waiting interminably for perfect conditions, right down to cloud formations. "The Aviator" ends in 1946, when Hughes was still a young man and romancing actresses like Ava Gardner and Katharine Hepburn.



The Wedding Date Kat Ellis's worst nightmare is about to come true. Not only is her younger, half-sister, Amy, getting married before her, but to add insult to injury, the groom's best man is Kat's ex-fiancée, Jeffrey. Unable to bear the thought of attending alone, she hires an escort to play her boyfriend. Her rented date, fits the bill perfectly. He's handsome, intelligent, well spoken, and a perfect gentleman. The plan? Make Kat's ex sorry that he ever left her.



Beauty Shop -- Gina Norris is a long way from the Barbershop - she's moved to Atlanta so her gifted daughter can attend a prestigious music school and made a name for herself at a posh salon. But when her egotistical boss takes credit for her work, she leaves the salon to open a shop of her own. Gina buys a rundown salon and inherits a motley group of headstrong stylists, a colorful clientele, and a sexy piano-playing electrician. It's a rocky road to fulfilling her dreams, but you can't keep a good woman down.



Phantom of the Opera -- A disfigured musical genius haunts the catacombs beneath the Paris Opera, waging a reign of terror over its occupants. When he falls fatally in love with the lovely Christine, the Phantom devotes himself to creating a new star for the Opera, exerting a strange sense of control over the young soprano as he nurtures her extraordinary talents. He wants Christine for his own, but Christine falls in love with Raoul. Feeling betrayed, the Phantom decides to kidnap her and imprison her with him in his lair.



The Ring Two Sequel to the horror flick The Ring, Naomi Watts reprises her role as Rachel Keller, who, six months after the events of the first film, moves to Astoria, Ore., with her son, Aidan, to escape their memories of what happened in Seattle. When a few locals start dying, however, and a strange, familiar videotape reappears, Rachel becomes aware that the creepy Samara is back and after Aidan.



Son of the Mask This newest film in the "Mask" series focuses on aspiring cartoonist Tim Avery who's feeling reluctant to become a father when he finds that he has to take care of a baby with amazing abilities. Somehow, the baby has the powers of the Mask of Loki, a mythological object that transforms its user into a manic, shapeshifting alter-ego. As bad as a baby with godlike powers might seem, the 'really' bad news is that Loki wants his mask back...

AAFES THEATER	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
LONG 721-3407	Man of the House PG-13	No Show	Man of the House PG-13	In Good Company PG-13	No Show	No Show	No Show
OSAN 784-4930	Beauty Shop PG-13	Beauty Shop PG-13	Beauty Shop PG-13	Hide and Seek R	Hide and Seek R	The Aviator PG-13	The Aviator PG-13
RED CLOUD 732-6620	Miss Congeniality 2 PG-13	The Aviator PG-13	The Aviator PG-13	Son of the Mask PG	Son of the Mask PG	No Show	Beauty Shop PG-13
STANLEY 732-5565	Son of the Mask PG	The Aviator PG-13	The Aviator PG-13	Because of Winn-Dixie PG	No Show	Beauty Shop PG-13	Because of Winn-Dixie PG
YONGSAN I 738-7389	Beauty Shop PG-13	Beauty Shop PG-13	The Aviator PG-13	The Aviator PG-13	The Aviator PG-13	The Aviator PG-13	The Aviator PG-13
YONGSAN II 738-7389	Beauty Shop PG-13	Beauty Shop PG-13	The Aviator PG-13	Elektra PG-13	Elektra PG-13	Alone in the Dark R	Alone in the Dark R
YONGSAN III 738-7389	The Incredibles PG	The Incredibles PG	The Incredibles PG	The Wedding Date PG	The Wedding Date PG	Assault on Precinct 13 R	Assault on Precinct 13 R

Snatching victory from jaws of defeat

By Chaplain (Capt.) Bob Marsi
Area IV Support Activity -- Busan

As a fellow human being, I’m sure you share with me the thrill of watching a movie or a ball game where those who are on the verge of losing somehow escape defeat by making a dramatic comeback and then go on to victory.

This exciting and inspiring phenomenon has been termed, “snatching victory from the jaws of defeat.”

Just recently we have seen Jalal Talabani, a Kurd, elected as president of Iraq. It is said that Saddam Hussein watched from his prison cell the televised announcement of Talabani’s victory. Imagine that -- Jalal Talabani, a Kurdish leader, is sitting in power while Saddam Hussein is sitting in prison. Talabani has snatched victory from the jaws of defeat.

I think you’ll agree that his story of victory is

inspirational, but let me ask you, is your life story as inspirational? Some readers may answer “No,” and here are two reasons why:

Some of you have escaped the jaws of defeat but you have not snatched the victory. You have gone through some tough times but instead of living a victorious life, you choose to focus on the past, the terrible experience, the struggle. You are allowing yourself to be shackled by the “why did it happen to me” syndrome.

Others of you feel like you are right now in the clutches of defeat and you believe that maybe you were born to lose. I am amazed at the number of people who subscribe to this philosophy.

One day a man was in Hong Kong and walked into a tattoo parlor. He asked the tattoo artist which one was the most requested tattoo. The tattoo artist pointed

to one that consisted of three words – Born to Lose. The man asked, “Why anyone would want those words on their body?” The tattoo artist replied, “Before tattoo on body, tattoo already on mind.”

Let me say this: You were not born to lose. Oh, your situation might look like defeat; it might smell like defeat; it might seem like you are completely surrounded by defeat, but you were not born to lose.

If you maintain your faith and hold on to hope you can snatch victory from the jaws of defeat.

A favorite scripture for many people says, “Since God is for us, who can be against us?” Think about that for a moment. If God is for you, who can stand against you? If you respond to problems with courage and confidence, refusing to give in to panic, bitterness or self pity, you will soon find yourself snatching victory from the jaws of defeat.

Area IV Worship Services

Protestant

Collective	Sunday	10 a.m.	Camp Carroll
		10:45 a.m.	Camp Hialeah
		11 a.m.	Camp Walker
Apostolic		12:30 p.m.	Camp Hialeah
Collective		12:45 p.m.	Camp Walker
		1 p.m.	Camp Carroll

Collective

Friday	7 p.m.	Camp Walker	
	7 p.m.	Camp Carroll	
Korean	Sunday	6 p.m.	Camp Hialeah
Korean	Tuesday	6:30 p.m.	Camp Carroll
Korean	Wednesday	6:15 p.m.	Camp Walker

Catholic

Mass	Sunday	9 a.m.	Camp Walker
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Mass

Sunday	9 a.m.	Camp Hialeah	
	11:30 a.m.	Camp Carroll	
Mass	Saturday	5 p.m.	Camp Walker

Area IV Chaplains

Chaplain (Maj.) Richard Bendorf

bendorfr@korea.army.mil or 764-5455

Chaplain (Capt.) Chris Floro

christopher.floro@korea.army.mil or 763-7395

Chaplain (Capt.) Daniel Cho

chodd@korea.army.mil or 765-8991

Ad goes here



PHOTOS BY DAVID McNALLY

Bongseon Temple is headquarters to 80 temples north of the Han River. The temple was founded in A.D. 969; however, it was destroyed and rebuilt many times over the centuries.

Bongseon Temple holds many treasures

By David McNally

Area I Public Affairs Office

Visitors stand in reverence and awe at the intricate architecture of Bongseon Temple near Namyangju.

Across Korea, Buddhist temples are a common sight. One can see a bit of Korean cultural and religious history in these unique wooden structures.

Many think each temple is the same; however, each one has its own story.

Chinese missionaries introduced the Buddhist faith to the peninsula in A.D. 372. Early on, the faith was acknowledged by leaders, but at first, it did not play a significant role in state policies.

After 475, according to Jonathan W. Best, Wesleyan University historian, Koreans looked to strengthen diplomatic and cultural ties to China. Royal patronage became a path to centralize and strengthen authority, he said.

Bongseonsa ("sa" means temple) was founded in 969 during the reign of King Kwangjong of the Koryo Dynasty.

The temple was originally named Unaksa, because of its location at the foot of Mount Unak.

During a reorganization during the Joseon Dynasty, the temple was closed for many years.

Then, King Sejo chose a nearby site for his royal tomb.

After his death, Sejo's wife ordered

the temple reconstructed and named it Bongseonsa, which means, "ancestor serving temple."

Koreans honored King Sejo with traditional ancestral rites at Bongseonsa for many years.

Bongseonsa was destroyed during the 1592 Japanese invasion and the 1632 Manchu invasion. During the Korean War, all 14 buildings were reduced to ashes.

Today, newly renovated buildings are adorned with colorful paint as Bongseonsa continues to reinvent itself

as a center for Buddhist learning and culture.

The temple is home to Korean national treasure no. 379, the "Great Bell of Bongseonsa."

Korean artisans cast the large bronze bell in 1469 to honor King Sejo's memory.

"This bell is important because it was one of two of its kind during this time," said Chong Dokpopsa, a



Inside the main temple, three golden statues are the objects of attention for the faithful.

Bongseonsa monk.

The temple is also famous for a large 1735 Buddhist painting, which monks hang during rites.

Chong said Bongseonsa is the headquarters for 80 Jogye order temples north of the Han River.

Bongseonsa, the King Sejo tomb and nearby Korean National Arboretum (see Page 5 for related article), make for a full day of sightseeing for tourists. The area is about a 40 minute drive northeast of Uijeongbu.

For tourist information in Korean, call 031-527-1951 or visit them online at <http://www.bongsunsa.net>.

E-mail david.mcnally@us.army.mil



Great Bell of Bongseonsa



A monument at the entrance honors revered monks.



Korean school children take a field trip April 8 to Bongseon Temple Northeast of Uijeongbu.



The entrance hall is adorned with traditional Buddhist symbols.

Korean Buddhist temples openly welcome guests, but ask visitors to observe these guidelines:

- Respect when monks ask you not go somewhere or do something
- Do not linger in the doorway of a building
- Always enter by the side door of a temple
- Remove your shoes when entering a temple



Korea Region

MWR
FOR ALL OF YOUR LIFE

Twilight Golf Scramble

Camp Casey and Camp Hovey Better Opportunities for Single and unaccompanied Soldiers is hosting a Casey and Hovey BOSS Twilight Golf Scramble at Camp Casey Indianhead Golf Course Saturday. The event is open to the first 14 four-person teams to enter. Each team must consist of at least one E5 or below. The Camp Casey Community Activity Center is now accepting team registrations.

A golf clinic will be held at 2 p.m., followed by a longest drive, chipping and putting contests. Barbecue will be available for all participants and the Golf Scramble will begin at 7 p.m. For information, call 730-3424.

Arts and Crafts Contest

Enter the 2005 Korea Region MWR Arts and Crafts Contest at Camp Stanley Community Activity Center. The deadline to submit entries is today. Categories are ceramics, wood, fibers, textiles, glass, metal and jewelry, drawings, prints, water/oil base painting, and mixed media-2D/3D.

For information, call 732-6644.

CRC Volleyball

Camp Red Cloud Garrison volleyball championship will be Saturday and Sunday at Camp Essayons Fitness Center. For information, call the Camp Red Cloud Fitness Center at 732-6309, Camp Stanley Fitness Center at 732-5460 and Camp Essayons Fitness Center at 732-6610.

Softball League Begins

The CRC enclave company- level softball league will begin Monday at camps Red Cloud, Stanley and Essayons Gymnasiums. For information, contact the local fitness center manager.

10-Cent Wings

Ten-cent Chicken Wing Night (with purchase of a drink) is available at Camp Casey Primo's Express and Golf Course Club at 5 p.m. every Friday. For information, call the Camp Casey area club manager at 730-4334.

Red Cross Classes

The American Red Cross is offering a variety of classes in the months of April and May. The next available class is Adult CPR, 1-4 p.m. Saturday. Price of the class is \$25. A New Volunteer Orientation will be held from 9 a.m. to noon Thursday. Upcoming classes include first aid and adult, child and infant CPR.

To sign up on Yongsan Garrison, go to the American Red Cross office located upstairs in the Moyer Community Services Center. Payment must be made at the time of signup. For information, call 738-3760.



Tim Hipps

Spc. James Dreussi, Spc. Donnie George and Staff Sgt. Joseph Madison recently delivered "The History of America (abridged)" to Soldiers deployed in the Middle East. BRAVO! Army Theatre now needs a new cast and crew for its summer production, "Pvt. Wars" by James McClure.

Army theatre seeks actors, techs

By Tim Hipps

Army News Service

BRAVO! Army Theatre is looking for five Soldiers to serve as cast and crew for its 2005 summer production of "Pvt. Wars" by James McClure. Deadline for applications is May 6. A stage manager will be responsible for incorporation of props and costumes and may serve as an understudy for one of the actors. A lighting and audio engineer will be responsible for all lighting and sound cues in the production, as well as setting up and tearing down equipment.

To be considered, performers must submit a video cassette of their acting, singing and dancing skills. A prepared, memorized monologue at least three minutes long is required.

Candidates must have a minimum of 90 days in service remaining after Sept. 28, 2005, and must be fully deployable worldwide with no restrictions of health, family or legal issues because BRAVO! may tour deployed combat areas overseas. Applications should be mailed to Army Entertainment Division, Attention: BRAVO!, P.O. Box 439, Fort Belvoir, VA 22060. Express mail should be sent to Army Entertainment Division, Attention: BRAVO! Auditions, 6091 Jackson Loop Bldg. 1434, Fort Belvoir, VA 22060.

MWR Leisure Needs Survey offers online response option

CFSC Marketing

YONGSAN – The 2005 Morale, Welfare and Recreation Leisure Needs Survey is coming soon to Korea. Results of the Leisure Needs Survey are intended to feed into the five-year program planning cycle to create a better MWR for the quality of life and well-being of Soldiers stationed throughout the Republic of Korea.

The survey will be distributed and mailed to the unit or workplace of Soldiers and civilian employees who are selected through random sampling.

If selected to participate, individuals have an option to take the survey in the traditional paper survey format or online, at <http://www.armymwrsurvey.com/>.

Each paper survey has a unique code printed on the cover; the respondent goes to the LNS Survey Web site and logs in

and creates an "account" using that code and a password of their choice. If a respondent only has time to complete part of the survey and wishes to return later to complete it, they can log off and return at another convenient time to complete the survey. To do so, they will need to remember their code and password.

It is important MWR collect surveys that are completed by specified ranks with specific response numbers. Each survey is specifically tailored to the installation in which it will be distributed. Each opinion represents and is reflected to determine the needs and opinions of active-duty Soldiers, spouses, Department of the Army civilians and retirees concerning their level of satisfaction with MWR programs and facilities.

The LNS is schedule to be distributed during the month of April and May throughout Korea.

AFAP conference set for April 25-26

Special to The Morning Calm Weekly

YONGSAN -- Community members from around the peninsula will get their chance April 26-27, to convey information to the Eighth U.S. Army commander on how the Army community in the Republic of Korea can best be served. The conference will be held at the Dragon Hill Lodge here.

The Army Family Action Plan directs the process to improve family programs, benefits and entitlements for America's Army family. The AFAP is based on the premise that quality of life programs impact positively on readiness and retention of a quality force. As a management tool, the AFAP provides the direction for monitoring the implementation of issues and addresses the process used to evaluate the effects on readiness and retention. It stands as evidence of the Army's commitment to America's Army family, and demonstrates official recognition of attention given to their issues.

The AFAP is one of the Army's principal programs to ensure that the standards of living in the Army are keeping pace with changing times. The program gives soldiers, families, retirees, and civilian employees a grand opportunity to influence their own standards of living. AFAP helps the Army become a better place to live and work.

Because of past AFAP conferences, 92 legislative changes have been made, 134 Department of Defense and Army regulations or policies revised, and 153 programs or services have been improved or created.

The Regional AFAP Conference is held annually to review issues forwarded by Area Commands throughout Korea. If issues cannot be resolved at Eighth Army, they will be forwarded to HQDA for resolution.

For information about the Army Family Action Plan Program, or to inquire about the Army Family Team Building Program, contact your local AFAP/AFTB manager.

In Area I, call Joe Gall at 730-3002; Area II, Antoinetta Rolack, 738-3617; Area III Kenia Jobb, 753-8318; Area IV, Vicki Kingston, 768-7232; KORO, Deborah Harvey, 725-5061.

"Gunfighters" move to Camp Eagle from Area I

By Roger Edwards

Area III Public Affairs

CAMP EAGLE – The 1st Battalion, 2nd Aviation Regiment, "Gunfighters," commanded by Lt. Col. Chandler C. Sherrell, is finally settled in its new Area III home at Camp Eagle. Although the unit remains a part of 2nd Infantry Division, its successful movement required support from not only the 2nd Aviation Brigade and the 2ID staff, but also from Area I and Area III staff and the entire Installation Management Agency, Korean Region Office, to ensure a seamless transition.

"We held the ceremony closing our former home, Camp Page in Area I, March 30," said Maj. Steven Morris, battalion executive officer, "after about three months of intense activity from people at IMA, KORO; and on the Area I and Area III staffs, under the direction of Brig. Gen. Tom Landwermeyer.

"It was a big job moving our unit from Page to Eagle," he continued. "It required the cooperation and coordination of many individuals, who all gave 100 percent to ensure the successful closure of Camp Page, and our subsequent occupation of Camp Eagle.

"The 2nd Avn. Bde., commanded by Col. Thomas J. DeVine and the 2nd Inf. Div., commanded by Maj. Gen. George A. Higgins, and their collective staff played a critical role. Their direct guidance, constant assistance, and synchronization of necessary resources ensured the Gunfighters had all the ingredients for a safe and efficient transition while remaining combat ready and able to 'Fight Tonight.'"

In addition to the "Gunfighter" Soldiers, and those in G Company,

52nd Aviation Battalion and the AH-64D Detachment, Alpha Company, 602nd Aviation Support Battalion, who were directly involved in the move, Morris says that special thanks must be extended to the external staff members who planned the modifications to Camp Eagle, performed the contracting to ensure the successful completion of the planned upgrades, and supervised the builders who executed the many important quality of life projects for

1st Bn., 2nd Avn. Regt. Soldiers.

"The move would not have happened as it did," said Morris, "without people like Jeffery Holbrook, who was the point man for all contracting and construction issues; Joe Bell, the Camp Page garrison commander who, under the direction of the Area I Commander, Col. Jeffrey Christiansen, supported the battalion as we closed Camp Page; Mike King, representing Area III Commander, Col. Michael J. Taliento, who supported the battalion as we occupied Camp Eagle; as well as many other Soldiers, civilians and Korean nationals involved in refurbishing Camp Eagle, and the unit's movement from Chuncheon to Wonju.

"It was a phenomenal effort from everyone," said Morris.

The move required transporting more than \$485 million worth of organizational property, including 18 AH-64D Apache Longbow helicopters, 150 tactical vehicles, trailers and associated ground support equipment; more than 400 U.S. and Korean Augmentation to the U.S. Army Soldiers and all of their belongings; and all of the battalion's support and maintenance equipment and supplies.



Maj. Gen. George A. Higgins, 2nd Infantry Division commander, greets Camp Long commander, Maj. Thomas Arrington, during his visit Friday to Camp Eagle, new home of the "Gunfighters."

Long, Eagle firefighters keep high training tempo

By Roger Edwards

Area III Public Affairs

CAMP LONG – Chris Fletcher keeps his people in practice. Fletcher is the Area III deputy fire chief and is responsible for both camps Long and Eagle.

"My people are emergency responders," said Fletcher. "They're pros. They have to know what they're doing and how to respond not only to fire, but to hazardous materials, aircraft incidents, medical problems – whatever might happen. So I train them on something every day."

Fletcher has been at his job for a long while. He began as an Air Force fireman in 1974, and he continued in his profession as a civilian. As Area III deputy fire chief, Fletcher has been at his current location for six years.

"I have 26 Korean employees to cover the two locations,

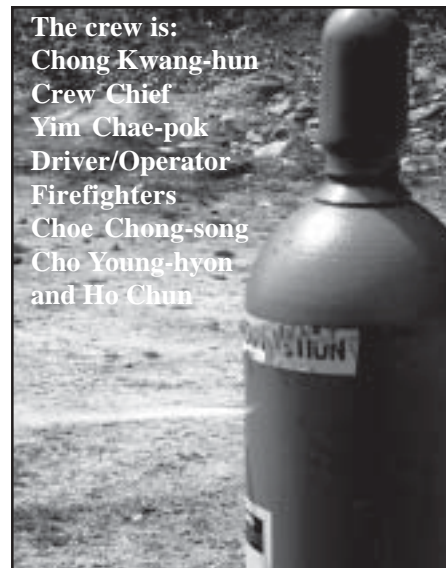
24 hours a day, seven days a week," he said. "On top of that, we have aid agreements with Wonju Air Base, Wonju City, Heong Seong and with the Republic of Korea Army. It can keep us busy."

According to Fletcher, his unit can handle the arrival of the more than 400 Soldiers of the 1st Battalion, 2nd Aviation Regiment, "Gunfighters," on Camp Eagle.

"We haven't changed our operation much since the 6th Cavalry unit left," he said, "so we're basically picking up where we left off. But I'm getting eight new firefighters who are moving down from Camp Page, and a new Airport Rescue Fire fighting Truck. I've got more men and more equipment to do the job."



Area III Deputy Fire Chief Chris Fletcher watches over his firefighters during a HazMat training session.



A chlorine gas cylinder has sprung a leak.

The crew is:
Chong Kwang-hun
Crew Chief
Yim Chae-pok
Driver/Operator
Firefighters
Choe Chong-song
Cho Young-hyon
and Ho Chun



Being prepared is not just for the Scouts.



The training isn't done until cleanup is over. Here firefighters train in decontamination procedures, demonstrating the proper way to remove contaminated clothing.



PHOTOS BY ROGER EDWARDS

Camp Long firefighters place a temporary patch on the leaking chlorine gas cylinder during Friday's HazMat training.

NEWS & NOTES

Town Hall Meeting

A town hall meeting will be held at 6 p.m. Tuesday at the Camp Humphreys Community Activities Center. All community members are encouraged to attend and discuss issues affecting Area III and Camp Humphreys. For information, call 753-8847.

Installation-Wide Post Run

All units, civilian employees, family members and contractors are invited to run in the first Post Run beginning at 7:30 a.m. May 24. The run, which kicks off the KATUSA-U.S. Soldier Friendship Week, is a formation run. For information, call Ernie Davis at 753-6089.

FRG Leadership Training

Family Readiness Group Leadership Training will be held from 2-5 p.m. Wednesday at the Camp Humphreys Army Community Service, Building 311. Pre-registration is required. For information, call 753-8401.

Volunteer of the Year

Congratulate the Area III Volunteer of the Year and other notable military, civilian and youth volunteers at a Volunteer Recognition Ceremony 11 a.m.-1 p.m. April 22 at Tommy D's Club at Camp Humphreys. For information, call 753-8294.

PCS Garage Sale

A PCS garage sale and flea market will be held from 10 a.m.-5 p.m. April 23 at the Camp Humphreys Community Activities Center. Buy, sell or trade. Rent a table and two chairs for \$5 or just drop by for a good deal. For information, call 753-8825.

NEO Information

U.S. Forces Korea will conduct Courageous Channel 2005-1, a semi-annual Noncombatant Evacuation Operation, April 28-30. Participation is mandatory for all Area III noncombatants, who may process at an Evacuation Control Center at Camp Humphreys or Camp Eagle.

Camp Humphreys ECC hours of operation are:

April 28: Noon-6 p.m.

April 29: 7 a.m.-6 p.m.

April 30: 8 a.m.-noon

Bus transportation to the Camp Humphreys ECC will be available at the CPX Gate (wash rack area across from the gate) and at the post exchange parking lot. Camp Humphreys EEC is in Tommy D's.

Camp Eagle ECC hours of operation are:

April 28: noon-5 p.m.

Noncombatants should report to the Eagles Nest Club for processing. Bus transportation will be available from Camp Long.

For information call 753-6143 or 753-6583.



Sgt. 1st Class Jimmy L. Smith, left, and Benz Lee, both of the Omega Psi Phi fraternity, discuss playground equipment repair at a small park outside Camp Humphreys, which the group has taken on as a community service project.

Fraternities, sororities practice community service

Area III Public Affairs

CAMP HUMPHREYS -- Volunteers do not always come one at a time. Sometimes they come as a group. That's the case with fraternities and sororities.

According to Sgt. 1st Class Jimmy L. Smith, a member of the Omega Psi Phi fraternity, "The fraternal cardinal principals include: manhood, being an adult; scholarship, seeking knowledge; perseverance, seeing things through, and; uplift; individual service to the community. If we belong, we do volunteer works."

Sgt. Yolanda Cooley of the Order of the Eastern Star, Betty L. Simmons Chapter 166, agreed. "My sisters and I get involved," she said. "We've done projects sponsored by the Habitat for Humanity, supported orphanages and elderly homes and donated food, money and time to Army Community Services projects."

There are nine organizations in the "Pan Hellenic Council," most of which are active in Korea according to Smith. These are the sororities Alpha Kappa Alpha, Delta Sigma Theata, Zeta Phi Beta, and Sigma Gamma Roe; and the fraternities Alpha Phi Alpha, Omega Phi Psi, Kappa Alpha Psi, Phi Beta Sigma and Iota Phi Theata.

"The groups are active on U.S. camps and bases throughout Korea," said Smith, "and often assist one another if a local group gets involved in a project too large for the local membership to handle alone."

Education is one of the things both fraternities and sororities have in common since both are rooted in the Greek organizations in college. Both work to offer scholarships to deserving students each year.

Order of the Eastern Star presents "Taste of Hollywood" fashion show

By Roger Edwards

Area III Public Affairs

CAMP HUMPHREYS --The first "Taste of Hollywood" fashion show will be presented Saturday evening at the Camp Humphreys Community Activity Center. The show will be presented by Starlet Productions, the production arm of the Order of the Eastern Star Sorority.

"We have 18 men and women who will be modeling on the runway," said

Tonia Glover, event organizer. "The clothes they will be modeling are their own designer purchases and will fit the fashion show experience.

"In addition," she said, "we'll have singing, dancing, comedy and impersonations to entertain those who attend. We have six acts lined up right now in addition to the fashion show."

According to Glover, there will be two narrators announcing during the fashion show and a master of

ceremonies during the entertainment portion of the program.

Everyone who attends is also invited to an "after party" at Tommy D's following the show.

Tickets are available in advance and at the door, with proceeds going to support Army Community Services and Family Advocacy. For advance tickets or information, call Glover at 010-8695-9921, or call 010-2393-6969.

Area III Tourney brings wrestling to Camp Humphreys



Staff Sgt. Dereke Planter (right) and Spc. Larry Faus compete in the Area III Invitational Wrestling Tournament at the Camp Humphreys gym Saturday. Twenty-seven wrestlers competed in front of a crowd of more than 150 spectators during the tournament.

Area III Public Affairs

CAMP HUMPHREYS --The Area III Invitational Wrestling Tournament drew 27 competitors to the Camp Humphreys gymnasium Saturday. In addition to those from Camp Humphreys, competitors came from Seoul, Osan, Suwon and Wonju.

"It was a good tournament," said James Howell, Area III sports director. "I'm very pleased with the number of people who showed up to take part in the tournament, and with the more than 150 spectators who elected to come out and watch the matches."

The tournament, which featured free-style wrestling, drew six female participants. "That's great," said Howell. "We only drew two for our last tournament last year."

First and second place finishers and weight class are:

Women – 130 to 143 lbs	Pfc Brian Gray, HHC, 1st Sig Bde (Yongsan)
Spc. ALenora McCoy, A Co. 3rd MI	Pv2 Justin Salzwimmer, 46th Trans Co
2nd Lt. Agnes Chu, HHC, 23rd Spt Gp	Men – 171 to 175 lbs
Women – 149 to 166 lbs	Spc. Gabriel Bartolomei, B Co, 532nd MI
Pfc. Ana English, 557th MP Co	Capt. Dan Robinson, B Co, 2/52nd Avn
Spc. Siniva Kilioni, HHC, 23rd Spt Gp	Men – 190 to 197 lbs
Men – 128 lbs	Spc. James DeGroat, B Co, 2/52nd Avn
Pfc. Ronnie Kneece, HHC, 23rd Spt Gp	Spc. William Leatherbery, 46th Trans Co
Men – 143 to 149 lbs	Men – 202 to 225 lbs
Pfc. Douglas Riggi, B Co, 532nd MI	Spc Larry Faus, A Co, 527th MI
Cpl. Jeffery Trosse, HHC, 23rd Spt Gp	Staff Sgt. Dereke Planter, 557th MP Co
Men – 155 to 169 lbs	



Michael A. King, Area III DOL, left, oversees the stocking and opening of the "remote sales location" at Camp Eagle.



Camp Eagle now has 381 line items of grocery and frozen foods available, as well as fresh meat and produce.

Grocery shopping comes to Camp Eagle

By Roger Edwards
Area III Public Affairs

CAMP EAGLE – A joint initiative by the Korea Region Office Area III and DECA leadership to improve quality of life has resulted in a "remote sales location" commissary

at Camp Eagle. Located in Building 3411, the operation brings shopping convenience to newly assigned members of 1st Battalion, 2nd Aviation Regiment "Gunfighters" and to current Area III tenant units at Camp



Maj. Thomas Arrington, Camp Long commander (center), and two members of the "Grand Opening" crowd cut the ribbon officially opening Camp Eagle's new facility.



The first customer through the checkout line at Camp Eagle's "remote sales location" Saturday, leaves with a basket full of goodies and a satisfied grin.

Eagle and nearby Camp Long. "This is great," said Staff Sgt. Vincent Ramsey, G Company, 52nd Aviation Battalion.

Ramsey, one of the volunteers who helped set up the location and stock the shelves prior to the "grand opening" continued, saying "I've been here 16 months and we've needed something like this."

The new "sales location" brings 381 line items of grocery and frozen foods to Eagle, as well as 24 line items of produce and fresh meat on a regular schedule.

Sgt. Niki Schefke, another G Co. volunteer who arrived at Eagle in August 2004, said, "I'm glad to see this coming. If we wanted groceries until now, we had to make a [very long] run to Humphreys, Osan or Yongsan. This is a welcome addition at Eagle."

Other G Co. volunteers helping to stock shelves prior to Saturday's opening were Spc. Gregory Allen, Pfc. Scott Shaver and Pfc. Jonaton Coradin.



Volunteers fill empty shelves Friday (above and below) for Saturday's Grand Opening.

Did you change the date on Pg. 24?

Ad goes here

Arbor Day brings out Area IV's green thumbs

By Kevin Jackson and
Cpl. Oh Dong-keun

Area IV Public Affairs

CAMP HENRY – Amid a beautiful, sunny spring day, the members of Area IV communities in Daegu and Busan joined local residents in tree-planting ceremonies to commemorate the Republic of Korea's Arbor Day holiday April 5.

In Daegu, Headquarters, Area IV Support Activity invited Nam-gu District officials for a commemorative tree-planting ceremony on Camp Henry.

About 50 people, including four Nam-gu District officials, joined Col. Donald J. Hendrix, Area IV Support Activity commander, at barracks building 1110 across from the headquarters for the event. Participating in the tree planting with Hendrix were Pak Pan-nyun, Nam-gu Council chairman; Bae Kwang-sik, Nam-gu vice mayor; Kim Dong-hyun, Nam-gu Council's U.S. Army Base Counter-measure Committee chairperson; and Pak Yeon-ho, Nam-gu Planning and Audit Section international affairs chief.

Hendrix told the people gathered that 50 Soldiers from the installations joined Daegu City for the 33rd consecutive time to participate in its annual Arbor Day tree planting ceremony March 19 at Guam Park in the city's Buk-gu



CHA HYUN-JU

(left to right) John C. Batchelor, deputy commanding officer of the Pusan Storage Facility, Elmer Jackson, chief of the PSF Supply Division, J.C. Edwards, chief of the PSF Storage Division, and Lt. Col. Jeffery K. Ludwig, Camp Hialeah garrison commander, plant a tree in front of the Pusan Storage Facility headquarters building April 5, in recognition of the Korean Arbor Day holiday.

district. He also said the occasion was possibly the first time that Korean guests joined their American military neighbors to commemorate the holiday on a Daegu installation.

The Daegu Directorate of Public Works purchased two crab apple trees

and one maple tree for the occasion. Before the ceremony, the two crab apple trees were planted on opposite sides of the sidewalks leading to the front door of the barracks. The Nam-gu officials joined Hendrix and the Area IV Support Activity Command Sgt. Major Patricia

Keit to plant the maple tree.

"Maple tree roots tap deep into the earth symbolizing our deep-rooted commitment and alliance with the Republic of Korea, and especially our friends and neighbors in Daegu and from Nam-gu district," Hendrix said.

"Today's commemorative tree-planting event creates sincere and friendly relations between Koreans and Americans. It makes me think about the strong friendship that exists between Korea and the United States," Pak Pan-nyun said.

In Busan, 36 members of the Camp Hialeah community, led by Lt. Col. Jeffrey K. Ludwig, Camp Hialeah garrison commander, joined more than 500 local citizens including government officials and students in an Arbor Day ceremony and tree planting at the city's Yeong-rak park.

At the two-hour event, participants planted trees on a hill inside the park, where the forestation was burned away by a recent fire.

"I would like to extend my appreciation to all participants here today," said Busan City Mayor Heo Nam-sik, in his opening remarks. "I would like to especially thank our American friends from Camp Hialeah who came out to join us today."

See **Arbor**, Page 27

Earth Day events planned for month of April in Area IV

By Cpl. Oh Dong-keun

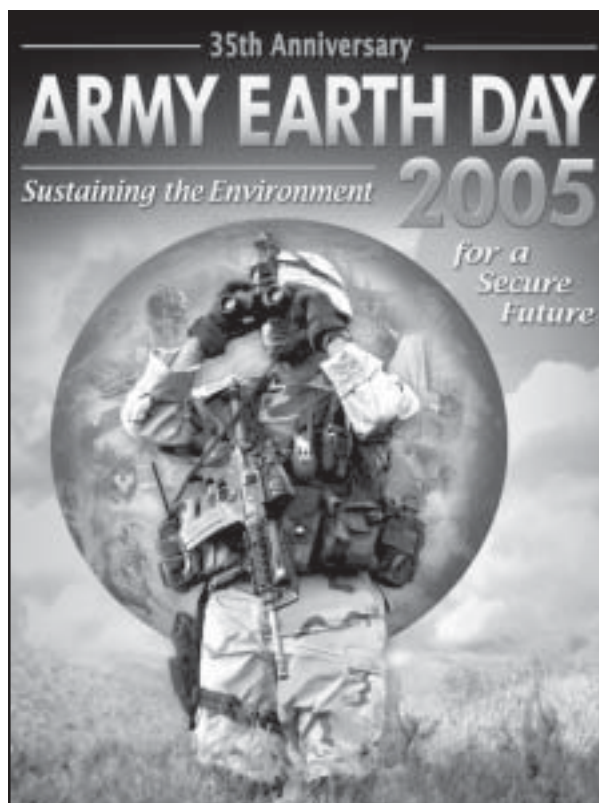
Area IV Public Affairs

CAMP HENRY – Area IV, along with other Army installations and organizations around the globe, is celebrating 2005 Earth Day April 22. Activities are planned by Area IV Directorate of Public Works environmental division throughout the month to emphasize the importance of protecting the environment.

Earth Day is an international event demonstrating concern of, and mobilizing support for, the environment and was first celebrated in 1970. Now celebrated by millions of people worldwide, the event includes Army active duty, civilian personnel, families and local community members who contribute significantly to the event.

The Army's Earth Day theme this year is "Sustaining the Environment for a Secure Future," according to an Earth Day message signed by Francis J. Harvey, secretary of the Army, and Gen. Peter J. Schoomaker, Army chief of staff.

"Earth Day is an opportunity to rededicate ourselves to stewardship of the environment and partnering with local communities to Sustain the Environment for a Secure Future," they said. "The land, air and water resources we work and train on are vital to both our present and future missions. We must use those resources wisely in a manner that reflects our devotion to duty and respect for the needs of tomorrow's Soldiers."



Area IV's Earth Day theme this year is "A Sustainable Future through Recycling" said Robert J. Chartier, environmental division chief, Area IV Directorate of Public Works.

"All military and civilian personnel living and working in Area IV are stakeholders in the endeavor

to sustain our environment," Chartier said. "Earth Day is one of those educational events that provide Area IV and the Army as a whole, an opportunity to take an inward view of our impacts on the environment and focus our attention on ways to mitigate our risks to securing our future."

A sampling of activities and events slated throughout Area IV to mark Earth Day 2005 include:

■ April 20 – Taegu American School science students will go on a field trip to Camp Carroll. Activities include a hazardous material contamination response demonstration and a tree planting. For information, call Chuck Harper at 765-7478.

■ April 22 – The Area IV Environmental Division is hosting a recycling exhibit featuring representatives from Nam-gu district noon – 4 p.m. at Camp Walker Main Exchange. On- and off-post recycling tips and requirements will be distributed. For information, call Robert Chartier at 768-8730.

■ April 22 – The Earth Day 2005 drawing contest winners will be announced. The first place winner's submission will be reproduced on the heating fuel tank in front of the Camp Walker Bowling Center. For information, call Robert Chartier at 768-8730.

■ April 23 – Camp Carroll community five-kilometer "Guess Your Time" fun run will be 8 a.m. at the Camp Carroll Fitness Center. No watches are allowed. The runner with the closest guess of his or her own time wins the run. For information, call Chuck Harper at 765-7478.

NEWS & NOTES

Soccer Social

The Daegu Area Soccer Club is hosting its "Spring Kick-Off" 1 p.m. Saturday at the Hilltop Club on Camp Walker. The Kansas City Wizards of Major League Soccer have provided videos for entertainment and a team-signed ball and posters, shirts and other items to be given away. All ID cardholders and guests are invited. Interested players will have the opportunity to learn about and sign-up for the club. For information, call Galen Putnam at 011-1716-0428.

Commissary Closure

The Taegu commissary will be closed Tuesday for inventory and will reopen Wednesday. The Camp Carroll, Pusan and Chinhae commissaries will be open Tuesday. For information, call Alan Esperas at 764-5310.

Soccer Shoes For Orphans

The 36th Signal Battalion, Camp Walker is accepting soccer shoe donations for a local orphanage until April 21. Both new and used shoes are welcomed in sizes 3 – 9. For information, call Pfc. Yoo Byung-yoon or Pfc. Carla Philpot at 764-4439.

Camp Henry Theater Movie Showings

The Camp Henry Theater will be open Thursday nights and for Sunday matinees for a test period through May 29. For information, call Yi Hye-kyong at 768-8670.

Spirit Warrior Conference

Spirit Warrior, a conference for Christian men, will be held April 29–30 at the South Post Chapel, Yongsan Garrison. There is a \$10 registration fee. For information or to register, call Dave Horn at 723-3548 or Jay Grandin at 725-8022.

ACAP Job Fair

The Army Career and Alumni Program is hosting a job fair noon – 3 p.m. May 19 at Henry's Place on Camp Henry. The job fair is open to any adult who has access to the post. Participants should dress appropriately for job interviews and bring a sufficient number of copies of their resume. For registration, visit www.morejobs.net and for information, call Camp Henry Army Career and Alumni Program at 768-7571.

RESUMIX Training

The Employment Readiness Program at the Camp Henry Army Community Service is offering hands-on RESUMIX training. For information or an appointment, call Lettie Villarosa at 768-7951.

Substitute Teachers Needed

Taegu American School is looking for substitute teachers. If you are interested, stop by the school or call Chris Cho at 768-9503. Interested individuals must have Status Of Force Agreement Status.



MARK MELIUS

A supine victim lies helplessly as his opponent goes airborne for the sumo splat during the first-ever RSOI Victory Party Saturday at Camp Carroll.

RSOI Exercise Victory Party a big success at Camp Carroll

By Galen Putnam

Area IV Public Affairs

CAMP CARROLL – When school lets out for the summer it's time to celebrate, so why not let loose following a major exercise? More than 400 participants did just that by enjoying a day of fun and camaraderie at the Camp Carroll Reception, Staging, Onward movement and Integration Victory Party on Sweeney Field Saturday.

The first-time event featured two live bands, free food and an array of activities including pie eating, arm wrestling, tug-of-war, Humvee pull and more.

Units vied against one another for the best total score in all events. The 57th Military Police Company took top honors with the best overall score. Headquarters and Headquarters Company, 307th Signal Battalion, took second place. Coming in third was Co. C, 307th Sig. Bn.

The big event of the day was the Camp Carroll "American Idol" contest. The winner was Sheila Brown, Co. C, 307th Sig. Bn. Second place went to Nicholas Styles, 332nd BIDS, and taking third was James Echang, Co. C, 307th Sig. Bn.

"We're real happy with the turnout. We were a little worried about the weather but everything worked out," said Glen Groome, Camp Carroll Morale, Welfare and Recreation director. "In fact, we are hoping to do this every year and holding a similar event after the UFL exercise as well."

The event was sponsored by Better Opportunities for Single and unaccompanied Soldiers, the Army and Air Force Exchange Service, and the Korea Special Tourist Association Waegwan Branch. The organizations donated more than \$3,000 to fund the event and provide prizes.



GALEN PUTNAM

Supporters cheer for their favorite contestant during the "American Idol" competition, one of many events held throughout the day at the Camp Carroll RSOI Victory Party. More than 400 revelers turned out for the day of free food and fun.



MARK MELIUS

Pie-eating contest winner 1st Sgt. Samuel Boyle, Company A, 307th Signal Battalion, catches his breath following the event.

Arbor

from Page 25



Daegu Directorate of Public Works employees move a maple tree into position as part of the Daegu Arbor Day tree planting ceremony at Camp Henry April 5.

Later in the day, more than 100 employees attended a commemorative tree-planting ceremony held at Pusan Storage Facility. Ludwig planted a cherry tree, which was taken from the grounds of Camp Hialeah.

“Transplanting a tree from Camp Hialeah to Pusan Storage Facility was a symbolic gesture to show that although Camp Hialeah will be closed in the future, the PSF will continue to operate,” said Pak To-yong, Camp Hialeah community relations officer.

Planting trees throughout the Republic

of Korea began at the end of the Joseon Dynasty. It wasn’t until President Rhee Seung-man issued a presidential proclamation in 1949 that it became an annual holiday. The ROK government officially designated April 5 as Arbor Day as a result of the devastation and deforestation caused by the Korean War. While the forests have returned, government officials, teachers, school children and thousands of Koreans throughout the country continue to plant trees and other foliage, and clean up forested areas to celebrate the holiday.

NEWS & NOTES

Area IV Self-Service
Pet Kennels

The Area IV self-service pet kennels are located in Bldg. 701 on Camp Walker, next to the Walker Lodge. The kennel service is free of charge. To be eligible for the free service, you must be PCSing in or out, or on a short-term temporary duty. For information and reservations, call Leo Greer at 764-5517.

Warden Messages Sent
to Cell Phones

The U.S. Embassy is launching a new way to inform American citizens of security-related matters. Any security-related information such as warden messages, travel warnings and public announcements can now be sent to cell phones as text messages.

Camp Walker Dental
Clinic

The Camp Walker Dental Clinic has relocated inside Wood Medical Clinic due to renovation. The dental clinic will remain inside Wood Clinic for the duration of the renovation, expected to be completed January 2006. For

information, call Staff Sgt. Doricina Hendricks at 764-4307.

Travel Voucher
Submission

Effective March 15, all travel vouchers submitted to any Area IV finance office must include the original voucher and one copy. For information, call Staff Sgt. Stacy Drexel at 768-6125.

Veterinary Clinic Hours

The hours for the Camp Walker Veterinary Clinic are 9 a.m. – 4 p.m. Monday, Wednesday and Friday. For appointments, call 764-4858. For after-hours emergencies, call 011-9977-0153.

Resumix Training
Offered

The Area IV Civilian Personnel Advisory Center is offering RESUMIX training 1:30 p.m. the last Wednesday of each month at the Civilian Personnel Operations Center Training Center, Bldg. 1208 on Camp Henry.

Separation of Food
Waste

All food waste at AAFES food facilities must to be separated from regular trash in accordance with a change in Korean law. For information, call Chester Hires at 768-7355.

For information or to enroll, call Kim Sang-yun at 768-6625.

Ad goes here

Army takes armed forces championships

By Tim Hipps

Special to American Forces Press Service

COLORADO SPRINGS, Colo. – All-Army wrestlers won 38 of 42 individual matches and captured the Greco-Roman and freestyle team titles in the 2005 Armed Forces Wrestling Championships March 31 and April 1 at the U.S. Olympic Training Center here.

All told, the Soldiers won 10 gold and four silver medals. “I would say that’s pretty close to dominating, but we’ve still got a lot of work to do,” said All-Army coach Staff Sgt. Shon Lewis.

Army Staff Sgt. Dremiel Byers led the way by winning gold in both disciplines of the 120-kilogram/264.5-pound weight class. Byers, the 2002 Greco-Roman heavyweight world champion who wrestled freestyle for the first time since 1997 here, won six matches by a cumulative score of 45-0.

“He’s the anchor of our team, and he takes on that role with great pride and great dignity,” Lewis said.

In Greco-Roman competition, Army wrestlers Capt. Neil Rodak, Sgts. Glenn Garrison and Jess Hargrave and Byers won their respective weight classes. Staff Sgts. Duaine Martin and Keith Sieracki and Sgt. Albert Sankey won silver medals.

Air Force Staff Sgt. Jacob Hey, Marine Corps Cpl. Jacob Clark and Air



Army Capt. Eric Albarracin (right) wrestles for a gold medal in the 55-kilogram/121-pound freestyle division of the 2005 Armed Forces Wrestling Championships at the U.S. Olympic Training Center in Colorado Springs, Colo.

Force Capt. Phil Johnston won Greco gold medals.

In freestyle, Capt. Eric Albarracin, Martin, Sgt. Oscar Wood, Spc. James Henderson of Fort Bragg, N.C., Sankey and Byers won their divisions. 1st Lt. Lantz Schwabenbauer of Fort Drum, N.Y., took a silver medal.

With the exceptions of Henderson, Schwabenbauer and Rodak, a former member of the All-Navy team stationed at Salt Lake City, all of the Army medal

winners are stationed at Fort Carson, Colo. The Marines’ Clark, a seven-time Armed Forces champion, won the only freestyle gold medal that eluded the soldiers by defeating Schwabenbauer, 6-0, 1-0.

In round-robin team competition, the All-Army Greco-Roman squad defeated Navy, 22-0; Air Force, 21-7; and the Marine Corps, 19-7. In freestyle, Army prevailed 21-4 over Air Force; 26-3 over Navy; and 20-5 against the Marines.

The Marine Corps finished second in Greco-Roman team competition, followed by Air Force and Navy. In freestyle, Air Force finished second, followed by the Marines and Navy.

Gold medalists in the Armed Forces Championships qualified to represent the United States in the 2005 Conseil du Sport Militaire (International Military Sports Council) Wrestling Championships Aug. 24 through 27 in Lithuania.

The All-Army team’s near-term sights, however, are set on the 2005 U.S. National Wrestling Championships April 29 and 30 at Las Vegas.

“We go into this tournament as a steppingstone to get to where we’re trying to go, which is the World Championships (Sept. 26 to 28 at Budapest, Hungary),” Lewis said.

All-Air Force coach Rich Estrella, one of four Greco-Roman coaches for Team USA’s World Championships squad, said he’s impressed with Lewis’ accomplishments since taking the helm of the All-Army team in 2001.

“For them, it’s never a matter of rebuilding; all they do is reload,” Estrella said. “They’ve got a very solid team and a very deep program.”

(Tim Hipps is a writer for the U.S. Army Community and Family Support Center.)

Ad goes here

요통을 예방하려면

일병 서기철

허리는 근육을 움직이지 않을 때 가장 많이 다치게 되며 특히 장시간 같은 자세를 취하고 있는 경우 근육에 심한 무리를 주게 된다. 아침에 출근할 때 승용차 운전석에 앉은 것을 시작으로 사무실에서는 의자와 컴퓨터 책상을 옮겨가며 앉고 식사시간에는 음식점에서까지 앉아서 식사를 하는 등 하루의 대부분을 앉아서 지내는 현대인의 생활 환경이야말로 요통 발생의 최적 조건을 갖고 있는 셈이다. 그래서 장시간 같은 자세를 취해야 할 때는 가능한 한 한시간 마다 5~10분씩 가벼운 체조로 허리를 풀어주는 것이 좋다. 대부분의 요통은 허리가 약한 사람에게서 역학적으로 과도한 힘이 가해져 생기므로 허리를 유연하게 하고 허리근육을 강화하는 훈련을 통하여 무리한 힘에도 잘 견딜 수 있도록 준비하는 것이 필요하다. 또한 평소 바른 자세의 생활을 습관화시키는 것이 중요하다.

**일상생활에서의 주의사항

첫째, 선자세; 장시간 설거지를 하거나 작업을 해야하는 경우는 15~20cm 높이의 보조 발받침대에 양 발을 번갈아 가면서 일하는 것이 좋다.

둘째, 앉은 자세; 의자에 앉거나 운전할 때는 둔부를 의자 등받이에 바짝 갖다대고 고관절과 등과 의 각도와 무릎의 구부린 각도가 모두 90도 정도로 유지되게 한다. 이때 무릎의 높이가 고관절의 높이보다 약간 높게 유지되어야 하고 발바닥은 바닥에 완전히 닿아야 한다. 운전시 시트와 등받이의 각도는 110도 정도가 되어야 편안한 자세가 된다.

셋째, 무거운 물건을 들 때 허리는 곳곳이 편 상태에서 무릎을 굽혀 물건과 몸이 최대한 가깝게 한 뒤 들어올린다. 물건의 무게에 따라 허리에 가는 부담도 달라지지만 다리를 굽히지 않은 상태에서 허리만 구부리는 자세를 취하더라도 허리에 가는 부담은 매우 증가된다. 물건을 들고 이동할 때 허리를 비스듬히 틀은 상태에서 이동하는 것은 허리 근육과 추간판(디스크)에 무리를 주게 되고 추간판 막의 파열을 초래할 수 있으므로 반드시 몸의 앞쪽에서 물건을 들어야 한다.

넷째, 세수하거나 머리감을 때; 평소 허리가 약한 사람들 중에는 아침에 일어나 세수를 하거나 머리를 감다가 허리를 빼끗하여 병원에 오는 경우가 많은데 이는 수면 후 허리가 뻣뻣한 상태에서 무릎을 편 상태로 허리를 굽혀 세수나 머리를 감다가 생긴 경우가 대부분이다. 이를 예방하기 위해서는 아침 기상시 누워서 허리를 가볍게 푸는 동작을 생활화하는 것이 필요하고 세수나 머리를 감을 때는 허리를 굽히지 말고 반드시 무릎을 굽힌 상태에서 고개를 숙여 머리를 감아야 한다. 요통이 심

하면 서서 샤워를 하면서 머리감는 것이 바람직하다.

다섯째, 누워 잘 때는 약간 단단한 매트나 온돌에서 무릎 밑에 방석이나 베개를 2개 정도 괴어 무릎을 자연스럽게 굽힌 상태나 옆으로 누워 약간 새우등 모양의 형태를 취하여 자는 것이 좋다. 그러나 이 자세가 불편할 때는 본인이 가장 편안한 자세로 눕는 것이 좋다. 베개가 높으면 척추의 정상 곡선이 없어지면서 목 뒷부분 근육과 인대 등이 스트레싱을 받아 통증이 생길 수 있으므로 높은 베개를 사용하는 것보다 낮은 베개가 척추곡선을 유지하는데 도움이 된다. 엎드려 잘 때에는 베개를 베지 않는 것이 좋다. 베개를 베고 목을 옆으로 돌리면 목이 비틀려 경추에 통증이 생길 수 있다. 만약 옆으로 누운 상태에서 베개를 사용하지 않아 목이 아프다면 수면시 목이 척추보다 아래에 위치해 있기 때문이다. 이럴 때는 낮은 베개로 목을 받쳐 주어야 한다. 임신부의 경우는 베개를 무릎 사이에 두고 옆으로 누워 자는 것이 요통을 줄이는 방법이다.

여섯째, 휴식할 때; 소파에 누워서 TV를 보는 것은 좋지 않다. 날씨가 춥다고 거실 바닥에 눕는 것보다 소파나 의자에 앉아서 지내는 것이 좋다.

일곱째, 체중이 많이 나가면 허리에 부담을 주어 요통의 원인이 되므로 살찌지 않도록 주의해야 한다.

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**허리건강을 위한 열가지 조언

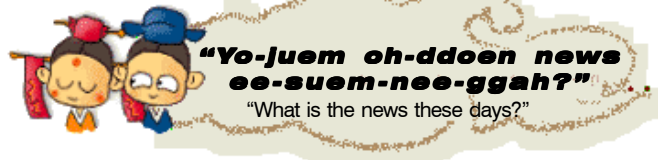
- ①매일 규칙적인 전신운동과 허리 근육 단련 운동을 한다.
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- ⑤정신적 스트레스를 줄인다.
- ⑥금연한다.
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Learn Korean Easily



Language Instructor
Minsook Kwon



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g	n	d	r, l	m	b	sh, s	ng	j	ch	k	t
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eh	yeh		yeh	weh	wah	wuh	wee	ui			

Word of the week

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Of course.

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(부엌) (boo-oek) (kitchen)

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Share this column with a Korean co-worker.

요통을 예방하려면

일병 서기철

허리는 근육을 움직이지 않을 때 가장 많이 다치게 되며 특히 장시간 같은 자세를 취하고 있는 경우 근육에 심한 무리를 주게 된다. 아침에 출근할 때 승용차 운전석에 앉은 것을 시작으로 사무실에서는 의자와 컴퓨터 책상을 옮겨가며 앉고 식사시간에는 음식점에서까지 앉아서 식사를 하는 등 하루의 대부분을 앉아서 지내는 현대인의 생활 환경이야말로 요통 발생의 최적 조건을 갖고 있는 셈이다. 그래서 장시간 같은 자세를 취해야 할 때는 가능한 한 한시간 마다 5~10분씩 가벼운 체조로 허리를 풀어주는 것이 좋다. 대부분의 요통은 허리가 약한 사람에게서 역학적으로 과도한 힘이 가해져 생기므로 허리를 유연하게 하고 허리근육을 강화하는 훈련을 통하여 무리한 힘에도 잘 견딜 수 있도록 준비하는 것이 필요하다. 또한 평소 바른 자세의 생활을 습관화시키는 것이 중요하다.

**일상생활에서의 주의사항

첫째, 선자세; 장시간 설거지를 하거나 작업을 해야하는 경우는 15~20cm 높이의 보조 발받침대에 양 발을 번갈아 가면서 일하는 것이 좋다.

둘째, 앉은 자세; 의자에 앉거나 운전할 때는 둔부를 의자 등받이에 바짝 갖다대고 고관절과 등과 의 각도와 무릎의 구부린 각도가 모두 90도 정도로 유지되게 한다. 이때 무릎의 높이가 고관절의 높이보다 약간 높게 유지되어야 하고 발바닥은 바닥에 완전히 닿아야 한다. 운전시 시트와 등받이의 각도는 110도 정도가 되어야 편안한 자세가 된다.

셋째, 무거운 물건을 들 때 허리는 곳곳이 편 상태에서 무릎을 굽혀 물건과 몸이 최대한 가깝게 한 뒤 들어올린다. 물건의 무게에 따라 허리에 가는 부담도 달라지지만 다리를 굽히지 않은 상태에서 허리만 구부리는 자세를 취하더라도 허리에 가는 부담은 매우 증가된다. 물건을 들고 이동할 때 허리를 비스듬히 틀은 상태에서 이동하는 것은 허리 근육과 추간판(디스크)에 무리를 주게 되고 추간판 막의 파열을 초래할 수 있으므로 반드시 몸의 앞쪽에서 물건을 들어야 한다.

넷째, 세수하거나 머리감을 때; 평소 허리가 약한 사람들 중에는 아침에 일어나 세수를 하거나 머리를 감다가 허리를 빼끗하여 병원에 오는 경우가 많은데 이는 수면 후 허리가 뻣뻣한 상태에서 무릎을 편 상태로 허리를 굽혀 세수나 머리를 감다가 생긴 경우가 대부분이다. 이를 예방하기 위해서는 아침 기상시 누워서 허리를 가볍게 푸는 동작을 생활화하는 것이 필요하고 세수나 머리를 감을 때는 허리를 굽히지 말고 반드시 무릎을 굽힌 상태에서 고개를 숙여 머리를 감아야 한다. 요통이 심

하면 서서 샤워를 하면서 머리감는 것이 바람직하다.

다섯째, 누워 잘 때는 약간 단단한 매트나 온돌에서 무릎 밑에 방석이나 베개를 2개 정도 괴어 무릎을 자연스럽게 굽힌 상태나 옆으로 누워 약간 새우등 모양의 형태를 취하여 자는 것이 좋다. 그러나 이 자세가 불편할 때는 본인이 가장 편안한 자세로 눕는 것이 좋다. 베개가 높으면 척추의 정상 곡선이 없어지면서 목 뒷부분 근육과 인대 등이 스트레스를 받아 통증이 생길 수 있으므로 높은 베개를 사용하는 것보다 낮은 베개가 척추곡선을 유지하는데 도움이 된다. 엎드려 잘 때에는 베개를 베지 않는 것이 좋다. 베개를 베고 목을 옆으로 돌리면 목이 비틀려 경추에 통증이 생길 수 있다. 만약 옆으로 누운 상태에서 베개를 사용하지 않아 목이 아프다면 수면시 목이 척추보다 아래에 위치해 있기 때문이다. 이럴 때는 낮은 베개로 목을 받쳐 주어야 한다. 임신부의 경우는 베개를 무릎 사이에 두고 옆으로 누워 자는 것이 요통을 줄이는 방법이다.

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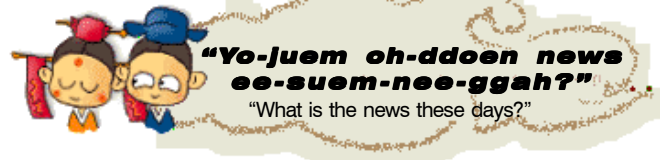
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Word of the week

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ㅃ ; b, ㅜ ; oo, ㄹ ; l

'bool'

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